



MENTAL HEALTH EUROPE



MENTAL HEALTH EUROPE

Boulevard Clovis 7, B-1000 Brussels

Tel + 32 2 280 04 68

Fax + 32 2 280 16 04

Email: info@mhe-sme.org

Web site: <http://www.mhe-sme.org>

**NEWSLETTER N° 5/2011
MAY 2011**

This Newsletter is published with the support of PROGRESS, the European Community Programme for Employment and Social Solidarity (2007-2013). The information contained in this publication does not necessarily reflect the position or opinion of the European Commission. The Commission is not liable for any use that may be made of the information contained in this Newsletter. Mental Health Europe is the EU Liaison Office for Mental Health Promotion.

TABLE OF CONTENTS

I. MENTAL HEALTH EUROPE	2
II. EU INSTITUTIONS AND OTHER BODIES.....	8
III. EUROPEAN YEAR OF VOLUNTEERING 2011	10
IV. CONFERENCES AND TRAININGS	11

The month of May brought about one of the most eagerly-awaited events for Mental Health Europe - the annual Capacity-building Seminar and General Assembly. Our brilliant speakers delivered a series of deeply engaging and relevant presentations on deinstitutionalization, the use of EU Structural Funds and the experiences of the implementation of the UN CRPD. Our general assembly proved once again that our members are committed to the good functioning of MHE, and together we have started the discussion on reassessing the MHE membership categories.

As always, it was great to see so many friends around, people who have dedicated their lives to the mental health cause. We hope all the participants enjoyed the two events as much as we did, and we look forward to seeing them all again shortly.

For June, MHE has a busy agenda, including lobbying EU institutions and preparing our new project on reintegrating young people with mental health problems in the job market. So stay tuned!

Mary Van Dievel, MHE Director

I. MENTAL HEALTH EUROPE

MHE NEWS AND POLICY WORK

MHE organizes thought-provoking capacity-building

The annual MHE capacity-building seminar, organized for MHE and ENUSP members, brought together more than 100 mental health professionals and users for a series of engaging lectures and discussions. The May 20 event address three topics which are in the core of advocacy in the field of mental health: deinstitutionalization, the use of EU Structural Funds and the experiences of the implementation of the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD). Speakers from the European Expert Group on Deinstitutionalization, the European Commission, the UN, and several European NGOs contributed to a stimulating and informative session.

For more information on the capacity-building seminar, and to download the speakers' presentations, go to:

http://www.mhe-sme.org/news-and-events/capacity_building_2011.html

Pictures from the capacity-building seminar are available at:

<https://picasaweb.google.com/111843906040945298550/MHECapacityBuildingAndGeneralAssemblyMay2011?authkey=Gv1sRgCODSp9qozOy25wE#>

MHE lobbies for improvement of Structural Funds legislation

MHE, as a member of the European Expert Group on Deinstitutionalization, has started lobbying for the improvement of the European legislation on Structural Funds.

The costly process of deinstitutionalization and the development of community -based services in Europe are mostly supported by Structural Funds, as governments are not able to cover transition costs only relying on national budgets. However, Structural Funds can also be used for refurbishing old institutions or even building new ones, like the report of European Coalition for Community Living (ECCL) has shown. Several recent examples show how EU member states use European financial sources for reconstructing their social/health/educational services system, but all too often those developments are not in line with international human rights standards.

Furthermore, the EU has recently ratified the United Nation's Convention on the Rights of Persons with Disabilities (UN CRPD). The UN CRPD clearly states that „*States Parties (...) recognize the equal right of all persons with disabilities to live in the community, with choices equal to others, and shall take effective and appropriate measures to facilitate full enjoyment by persons with disabilities of this right and their full inclusion and participation in the community*“ (Art. 19). To this date, the UN CRPD was ratified by 16 EU member states and was signed, but not ratified yet, by 11 other members. In late 2010 the EU itself also ratified the convention. This gives us a new and crucial legal instrument - the EU now has a legal obligation to implement policies and support only programmes which are in line with the UN CRPD.

MHE, together with the members of the Expert Group, will work closely in the following months to make sure that the next EU programming period of Structural Funds (2014-2020) will be better regulated and that no European money will be spent in member states on institutions or big residential hospitals for people with mental health problems. MHE will draw the attention of European decision-makers to the increasing need for community based services for people with mental health problems. If we succeed, from 2014 on, European Structural Funds will be more extensively used by governments for developing community-based services.

For more information of MHE work on deinstitutionalization, please contact Gabor Petri, MHE Human Rights Officer, at gabor.petri@mhe-sme.org

To read the report of the of European Coalition for Community Living, go to <http://www.community-living.info/?page=268>

National Focal Point Training in Dublin

On May 9-10, 2011, Mental Health Europe organized a training session for National Focal Points, in Dun Laoghaire (Dublin), Ireland, which was kindly coorganised by Mental Health Ireland. MHE Director Mary Van Dievel and Social Policy Officer Astrid Mechel led the training and provided updates on MHE's work on the European level and the developments in EU mental health and social policy. The National Focal Points, who came from Denmark, Estonia, Finland, Iceland, Ireland, Latvia, Lithuania, Norway, Sweden and the UK, exchanged experiences in the field of mental health reform in their countries, the volunteering sector in the mental health field and lobbying for social inclusion. At the end of the training, the participants visited a supported housing initiative of Mental Health Ireland, where five mental health service users are getting the necessary support while living independently in the community.

For information on the training and on MHE's work with its National Focal Points, please contact Astrid Mechel, MHE Social Policy Officer, at astrid.mechel@mhe-sme.org

MHE position on European Parliament's draft report on the Agenda on New Skills and Jobs

MHE welcomed the initiative for a European Parliament report on the European Flagship initiative on the "Agenda on New Skills and Jobs". MHE sent its position to the European Parliament's rapporteur Regina Bastos MEP, as well as the co-rapporteurs, and pointed out that the workplace constitutes a key area for mental health promotion and prevention of mental disorders. These aspects are crucial for the EU to meet its economic and social challenges, as well as to reduce related health care costs, social and economic losses including reduced productivity in the workplace. People with (a history) of mental health problems are one of the most disadvantaged groups in the labour markets, however, they have talents and should be given equal chances and opportunities to reintegrate into the labour market.

The final report is scheduled be voted in the Parliament's plenary session in October 2011.

More information on the report can be obtained at: <http://www.europarl.europa.eu/oeil/FindByProcnum.do?lang=en&procnum=INI/2011/2067>

For information on MHE's work in the area of social inclusion, please contact Astrid Mechel, MHE Social Policy Officer, at astrid.mechel@mhe-sme.org

MHE involved in discussion of future health policy

As health policy is very high up on the MHE agenda, Senior Policy Adviser Stijn Jannes shared the organization's views at the EU Health Policy Forum, held on May 19 in Brussels. The forum provides an opportunity for stakeholders working on health issues to meet and discuss current developments. The main topics this year related to the European Innovation Partnership on Active and Healthy Ageing and the current and future health programmes.

The European Innovation Partnership and Active and Health Ageing is an Europe 2020 flagship initiative. While it cannot be seen as a new financial or legal instrument, the initiative aims to create a single and coherent framework in the field of health by bringing together actors committed to removing barriers to innovation and to leveraging demand and supply.

The discussion of the health programmes was split into three sub-topics - the evaluation of the previous health programme (2003-2007), the mid-term evaluation of the current health programme (2008-2013) and opinions on the goals of the post -2013 programme. The main concern of the new programme will be to help member states tackle the problem of sustainability of health systems by providing support for innovative solutions. A proposal for the new programme will be submitted by the end of 2011.

More information and all the presentations can be found at:

http://ec.europa.eu/health/interest_groups/events/ev_20110519_en.htm

Funding should be allocated for health promotion, not pharmaceuticals, NGOs say

On May 3, MHE took an active stance in keeping health at the forefront of research by participating in both the round table meeting organized by the European Public Health Association, and the STEPS health research event chaired by MEP Antonyia Parvanova. During both events, civil society organizations took the opportunity to discuss the EU consultation and green paper on research and innovation and the future developments regarding this topic.

EU activities for research are currently implemented by the European Commission Directorate for Research and Innovation, currently (2007-2013) through the Seventh Framework Programme (FP7).

Sadly, in 2011 the European Commission spent just 4% of its medical research funds on health research. NGOs concluded that in order to improve this amount, the allocation of research funds should be change, as in the current situation a large part of the funding is reserved for 'profit' health research. Instead, funding could be allocated to research into health policy and promotion, as this would achieve greater effectiveness and value-for-money. Therefore, the EU health research strategy should give less emphasis to pharmaceutical, biomedical and biological research.

For more information on MHE's work in the field of health, please contact MHE Network Development Officer Yves Brand at yves.brand@mhe-sme.org

NEWS ABOUT MHE PROJECTS

MHE gains valuable info from Belgian police and women's shelter

With the Daphne project still in its research phase, MHE is taking up every opportunity to assess the impact of domestic violence from as many angles as possible. Therefore, MHE Daphne Project Coordinator Karina Huberman and MHE Senior Policy Officer Josée Van Remoortel visited a shelter for battered women in Ghent, Belgium, where they had the opportunity to discuss MHE's project with the authorities of the shelter and get input from the perspective of an organization dealing with abused women on a daily basis.

MHE also met the Adjoint Secretary of the Permanent Commission of the Belgium Local Police, who represents all local police services on a national level and who provided MHE with valuable information and suggestions, especially regarding the future training sessions involving law enforcement agents. Moreover, MHE had a meeting with the Ghent local police,

who showed a lot of interest in the project and provided first hand information on how police deal with situations of domestic violence.

Last but not least, MHE was invited to participate in a police Expert Group meeting, where Karina Huberman presented the Daphne Project and had a lively debate with police trainers, psychologists and police staff, who shared their experience in the field.

For more information of the Daphne project, please contact Karina Huberman, MHE Project Coordinator, at karina.huberman@mhe-sme.org

UPDATE ON NEW ITEMS ON MHE WEBSITE

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

- Home page - The new poster for our Daphne project is now online <http://www.mhe-sme.org/>
- Annual reports – Our 2010 annual report has now been published <http://www.mhe-sme.org/publications/annual-reports.html>
- The Report of the Ad-hoc Expert Group on the Transition from Institutional To Community-based Care, also known as the Spidla Report is now available on our website at: <http://www.mhe-sme.org/publications/reports.html>

MHE REPRESENTATION AT VARIOUS MEETINGS

On May 3, MHE Network Development Officer Yves Brand participated in the EPHA meeting on Health Research, organized in Brussels.

On May 4, MHE Human Rights Officer Gabor Petri participated in the Social Platform Fundamental Rights Working Group, taking place in Brussels.

On May 4, MHE Daphne Project Coordinator Karina Huberman participated in the Social Platform FRAND working group, which took place in Brussels.

On May 5, MHE Daphne Project Coordinator Karina Huberman participated in a meeting with the Permanent Commission of the Local Police, which took place in Brussels.

On May 7, MHE Director Mary Van Dievel presented MHE's activities at the Mental Health Ireland General Assembly in Dun Laoghaire, Ireland.

On May 9-10, MHE President Nace Kovac participated in the WHO/European Region meeting on a future European Mental Health Strategy.

On May 9-10, MHE Director Mary Van Dievel, MHE Social Policy Officer Astrid Mechel and MHE Human Rights Officer Gabor Petri organized the National Focal Point Training in Dublin.

On May 10, MHE Daphne Project Coordinator Karina Huberman took part in a meeting with the Ghent Local Police, taking place in Ghent, Belgium.

On May 10-11, MHE Network Development Officer Yves Brand participated in the EuroHealthNet network meeting, which took place in Brussels.

On May 12, MHE Network Development Officer Yves Brand participated in the EPHA Policy meeting, taking place in Brussels.

On May 19, MHE Human Rights Officer Gabor Petri European participated in the Expert-Group on Deinstitutionalization meeting, which took place in Brussels.

On May 19, MHE Human Rights Officer Gabor Petri participated in the MHE Mental Health and Human Rights Committee meeting, in Brussels.

On May 24, MHE Information and Communications Officer Silvana Enculescu participated in the 2nd EU-level thematic conference for the European Year of Volunteering 2011, organized in Brussels.

On May 24, MHE Social Policy Officer Astrid Mechel participated in the European Year 2012 for Active Ageing stakeholder meeting with the European Commission, organized by AGE Platform Europe and the European Commission in Brussels.

On May 25, MHE Senior Policy Adviser Elisabeth Muschik participated in the conference on "Health, Well-being and Safety in the Workplace" with a contribution on "Promoting mental health and well-being in workplaces," organized in Brussels, Belgium.

On May 25, MHE Social Policy Officer Astrid Mechel took part in the meeting of Social Platform members with MEP Pervenche Beres on the future of the European Social Fund, organized in Brussels.

On May 25, MHE Social Policy Officer Astrid Mechel represented MHE in the Steering Group Meeting of the Social Platform, in Brussels.

On 26 May, MHE Social Policy Officer Astrid Mechel participated in the Social Policy Working Group Meeting, organized by the Social Platform in Brussels.

On May 26, MHE Human Rights Officer Gabor Petri participated in the Social Platform Social Policy Working Group meeting, which took place in Brussels.

On May 28-29, MHE Human Rights Officer Gabor Petri participated in the European Disability Forum Annual General Assembly, which took place in Budapest, Hungary

On May 30, MHE Daphne Project Coordinator Karina Huberman participated in an Expert Group meeting of the Belgian Police, in Brussels.

On May 31 MHE Human Rights Officer Gabor Petri took part in the Inclusion Europe conference on voting rights of people with learning disabilities, which took place in Brussels.

On May 31, MHE Daphne Project Coordinator Karina Huberman represented MHE at a Welcome drink at the European Women's lobby.

NEWS FROM MHE MEMBER ORGANISATIONS

Mind opens nominations for media awards

MHE member Mind England and Wales is opening nominations for its yearly media awards .Mind media awards aim to honor the very best media portrayals and reporting of mental distress across broadcast, print and digital media. The awards recognize those who have successfully challenged the misinformation and stereotypes that surround mental health, and, most importantly, produced work that includes the voices of people who have experienced

mental health problems. Stories falling under categories such as documentary, speech radio, news and current affairs, drama, soaps, new media, Journalist of the Year and Student Journalist of the Year are open for nomination. The closing date for entries is 5pm on Friday, July 17, 2011 and the programmes nominated must have aired between June 7, 2010 and June 7, 2011. This year's Awards Ceremony will be held at the British Film Institute on Monday November 28.

For more information, go to:

http://www.mindmediaawards.org.uk/winners_2010.html

Shine needs support in promoting community living

Shine, an MHE member from Croatia, is a co-founder of the Coalition on the Right to Community Living, which advocates equal rights for people with disabilities. Thousands of people with disabilities, mostly with mental health problems and/or intellectual disabilities, live in Croatia, isolated from the community and placed in residential social care institutions. The Coalition is established based on principles set forth in the Article 19 of the United Nations Convention for the Rights of Persons with Disabilities (UN CRPD). Shine is asking to support Platform 19 of the Coalition by signing the following petition:
<http://www.petitiononline.com/p19/petition.html>.

For more information, please contact Kristijan Grđan at kristijan@udruga-sjaj.com

NEWS FROM EUROPEAN COUNTRIES

Half the people with mental health problems in Ireland fail to seek professional help

A staggering 49% of people suffering from mental health problems in Ireland do not seek professional help, a study by Amárach Consulting, based on interviews with a sample of 1,000 people, revealed. The cost of counseling was reported by 58% of respondents as the main barrier to seeking professional help, with stigma, availability, confidentiality and the lack of privacy coming next.

The study found that people from lower income groups were less likely to seek counseling than those in higher income households. Moreover, there were significant geographic differences in the number of people who sought counseling to treat mental health problems. Some 48 % of people in Dublin sought help, 50% in Leinster, 58% in Munster, and only 37% in Connacht.

The survey concluded that people in Connacht seemed more resistant to the concept of counseling than those in other regions. Some 52 % of men were open to counseling, compared to 66 % of the women interviewed. Older people were also more open to seeking professional help compared to younger people.

For more information, go to

<http://www.irishtimes.com/newspaper/ireland/2011/0506/1224296281636.html>

Reduced life expectancy for people with mental health problems - UK

Mental problems like schizophrenia or bipolar disorder can cut a person's life expectancy by 10 to 15 years, a study by the Biomedical Research Centre for Mental Health at the Maudsley Hospital in London concluded.

The research assessed the life expectancy of people suffering from schizophrenia, serious depression and bipolar disorder, or being treated for substance misuse. Irrespective of illness, life expectancy was well below the UK average of 77.4 years for men and 81.6 years for women. Mental health groups argued that vulnerable people needed better care in order to prevent premature deaths.

Women suffering from schizoaffective disorder had the lowest life expectancy, reduced by 17.5 years, while the lives of men with schizophrenia were shortened by about 14.6 years.

The researchers blamed a combination of factors, such as higher-risk lifestyles, long-term anti-psychotic drug use and social disadvantage for the significantly lower life expectancy.

More information regarding this study can be found at:

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0019590>

II. EU INSTITUTIONS AND OTHER BODIES

National Reform Programmes published

The EU member states' National Reform Programmes have been published. Since the introduction of the new EU reporting mechanisms of the EU 2020 Strategy for Smart, Sustainable and Inclusive Growth, the EU member states are bound to report annually on their macro-economic reforms, research and innovation, environmental aspects, education, labour market and social inclusion in their National Reform Programmes. The European Commission published guidelines on the drafting of the reports. Among these, the Member States should integrate the European Commission's Integrated Guidelines on the promotion of social inclusion and combating poverty (Guideline 10) as well as on Increasing Labour Market Participation (guideline 7).

Mental Health Europe, with the help of its National Focal Points, is currently undertaking an evaluation of the 27 National Reform Programmes regarding policies, to analyse in how far any aspects that are relevant for people with mental health problems are integrated in the programmes. The analysis focuses on social inclusion and protection policies, the combat against poverty and social exclusion, health/ long-term care and employment integration.

The National Reform Programmes can be downloaded from the European Commission's website under: http://ec.europa.eu/europe2020/documents/documents-and-reports/type/member-states-documents/index_en.htm

For information on MHE's work in the area of social inclusion, please contact Astrid Mechel, MHE Social Policy Officer, at astrid.mechel@mhe-sme.org

Mental health problems declared non-communicable diseases

Recognizing that mental disorders contribute significantly to the global disease burden, health ministers who met at the first World Health Organization (WHO) Global Ministerial Conference in Moscow decided to include mental disorders as one of the Non Communicable Diseases (NCDs) in the final draft of the Moscow declaration. This recognition, validated by the over 90 health ministers present, will most likely have a positive impact on mental health promotion and funding.

More information is available at:

<http://www.indianexpress.com/news/mental-disorder-to-be-declared-non-communicable-di.../786287/>

WHO releases series courses on violence and injury prevention

The World Health Organization (WHO) has released a series of violence and injury prevention short courses, which provide a complete training resource for facilitators around the world. Each course addresses a specific injury or violence area and is designed to be delivered over 2-5 days. These "trainings in a box" can be downloaded from the WHO website free of charge: http://www.who.int/violence_injury_prevention/capacitybuilding/courses/en/index.html

Four courses are available for download at the moment – on child maltreatment prevention, Intimate partner and sexual violence prevention, trauma care system planning and management and trauma care quality improvement.

Each short course follows the same modular format and contains a facilitator's guide to orient the facilitator to the material, training modules which include PowerPoint presentations and notes for facilitators, and supporting resources such as handouts and case studies. The courses have been developed on the basis of a wide range of WHO materials and additional courses will be developed in the future.

To download course materials, visit

http://www.who.int/violence_injury_prevention/capacitybuilding/courses/en/index.html.

New studies and reports on mental health at the workplace now available

The health department of the EU commission (DG Sanco) has added additional reports and studies to its website regarding mental health at the workplace.

The updated documents can be found here:

http://ec.europa.eu/health/mental_health/eu_compass/reports_studies/index_en.htm#fragment4

News from other ENGO's

Publication "Cities and active inclusion: quality of social services and the social economy – Key lessons from cities"

Eurocities, the network of major European cities, has published a report on the implementation of active inclusion policies in cities in the frame of Eurocities' "Cities for Active Inclusion" project. The report outlines how ten cities – namely Barcelona, Birmingham, Bologna, Brno, Copenhagen, Krakow, Lille-Roubaix, Rotterdam, Sofia and Stockholm - move towards improved coordination, decentralisation and personalisation of social services and social economy initiatives, e.g. by an increased outsourcing to social economy organisations. The study also describes the cities' efforts in facilitating the insertion of disadvantaged people into the labour market, including people with disabilities and persons with mental health problems.

The publication can be downloaded at:

http://www.eurocities.eu/Minisites/NLAO/index.php?option=com_content&view=article&id=165:new-report-cities-fostering-active-inclusion-&catid=6:generalnews&Itemid=22

III. EUROPEAN YEAR OF VOLUNTEERING 2011

The year 2011 has been proclaimed as the European Year of Volunteering. The aim of the European Year 2011 of Volunteering (EYV 2011) is to increase the popularity of volunteering and raise awareness of its societal value in the European Union. Activities for the EYV 2011 include awareness-raising initiatives such as conferences and seminars for the exchange of best practices.

As a member of the NGO Alliance for the European Year 2011 on Volunteering (EYV 2011), Mental Health Europe will pursue common activities with the Alliance and put emphasis on the dimension of volunteering for and by people with mental health problems.

EY 2011 website: <http://europa.eu/volunteering>

Website of the European Year 2011 of Volunteering NGO Alliance: <http://www.eyv2011.eu>

For information on MHE's work on volunteering and social inclusion, please contact Astrid Mechel, MHE Social Policy Officer, at astrid.mechel@mhe-sme.org

EU-level conference on volunteering asks for fiscal incentives and legal framework

As a member of the European Year on Volunteering 2011 NGO Alliance, Mental Health Europe took part in the second EU-level thematic conference organized in the context of the European Year on May 23-24 in Brussels. Aimed at getting insight from the 350 grassroots volunteers present, the first day of the conference focused on possible developments that would support volunteering. The second day featured two parallel sessions, both using the open space methodology, which allowed participants to propose the discussion topics and lead the debate. While the first session focused on issues such as the role of volunteering in active ageing and promotion of volunteering among different age groups, the second session, in which MHE took part, discussed corporate citizenship and corporate social responsibility.

MHE was very impressed with lively discussion, among volunteers, NGOs and company representatives, on the different expectations that both organization and companies hold when entering a partnership. Representatives from major businesses stated they are more likely to encourage their employees to volunteer in NGOs which are not affiliated to religion or politics and which have a clearly communicated vision and a professional work plan with a realistic timeline.

In the final sitting of the conference, recommendations for policy makers were pooled from both sessions. These included facilitating partnerships through EU funding, fiscal incentives for companies supporting volunteering, creating a website or database for sharing best practices and determining a clear set of tools for assessing and validating skills acquired through volunteering. Moreover, participants asked the European institutions to develop a legal framework on volunteering.

MHE member organisations' involvement in the promotion of volunteering

Advocacy France empowers people with mental health problems

The "Convivial Citizens' Space" is a common initiative of Advocacy France, launched in 2001 with the goal to promote mutual help among mental health service users in the community. The Convivial Citizens' Space integrates mental health service users and disabled people to support their recovery, increase their autonomy, encourage them to take responsibility and

empower them to determine their own life. In regular meetings, once a week, everyone informally gets together to talk, plan and carry out common activities and projects such as dancing, relaxation, debates and handicraft works. In the Convivial Citizens' Space, everyone can introduce himself or herself as a "volunteer" and each person participates without being labelled.

If you would also like to share a good practice in the field of volunteering and mental health, please contact MHE Social Policy Officer Astrid Mechel at astrid.mechel@mhe-sme.org

IV. CONFERENCES AND TRAININGS

European Union Agency for Fundamental Rights Diversity workshop for media professionals – “Human Rights in a Globalised World: Challenges for the Media” – Bonn, Germany. June 21.

For more information, please contact hendrik.schott@dw-world.de

Joint seminar of the European Parliament and 4 Agencies – “Working together for youth employment - From education to the workplace: a global challenge” – Brussels, Belgium. June 30.

To register, please email EP-4agencies-seminar@eurofound.europa.eu

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.htm>

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