



# THE UPDATE

## BLUE PRINT GROUP

### ON GLOBAL MENTAL HEALTH

News on global mental health advocacy, campaigning and messaging

March 2019

## Universal Health Coverage and Mental Health

This year countries are discussing and creating their plans to deliver Universal Health Coverage; and they are also reviewing and updating plans to deliver the Sustainable Development Goals. Both of these processes are critical to increasing political and financial support for mental health.

In the next few months there are some important moments to influence the policies of countries, and also of donors providing international funding in support of the achievement of UHC and the SDGs.

Key Dates include:

**April 7, [World Health Day](#)**; WHO is focusing on UHC and will be encouraging its regional and country offices around the world to promote UHC with governments and other stakeholders. Governments across the world mark [World Health Day](#) with a range of activities by their ministries of health and other key stakeholders. This is an ideal moment to engage with these groups to raise the profile of mental health as a critical component of UHC.

**April 29**; CSO consultation on UHC in New York, in preparation for the UN General Assembly's [High-level Meeting on UHC](#). The President of the General Assembly will organise a multi-stakeholder hearing to allow non-states actors to formally contribute to the preparation for the UN HLM. This takes place before the formal inter-governmental negotiations of the political declaration on UHC. It is critical mental health advocates make the case for mental health as part of UHC national plans and the high level meeting.

The High-level meeting on UHC and inclusion will take place on **23 September 2019** during the UNGA high level week. The permanent representatives of Hungary and Thailand are [leading consultations](#) on the political declaration to be adopted at the high-level meeting. This UN HLM will be the last chance before 2023, the mid-point of the SDGs, to mobilise the highest political support to package the entire health agenda

under the umbrella of UHC, and sustain health investments in a harmonised manner.

**May 19th, [Walk the Talk](#)**; The second annual Walk the Talk event is being held the day before the World Health Assembly starts in Geneva. Walk the Talk is a chance for a public facing event to highlight how physical activity can help improve health (including mental health). UHC is one of the themes of the event. BluePrint Group members have plans to take part in the walk as part of their launch of the CSO led global mental health campaign.

**May 20-28, [World Health Assembly](#)**; Members of the Blue Print Group will be at the World Health Assembly, where we are hoping to get a strong mental health focus as a part of the UHC discussions.

## Plans for the World Health Assembly

**[Walk the Talk](#) (May 19)**. The walk will start at about 9am outside the Place des Nations. There are three route options, and three themes (with UHC being one of the themes). There will be a podium with speakers throughout the day, as well as health stations. Last year there were 4000 participants, and this year there are plans for even more.

A reception will be held by UnitedGMH on **May 19** to help introduce the new CSO-led campaign it has been developing with partners in different countries and globally.

**A Mental Health internal, technical briefing** has been proposed by the MH team to the WHO secretariat. The theme would be UHC for mental health (service provision). The WHO team is waiting to hear if the proposal has been accepted. For the proposal to be accepted the need member states to voice their support. Devora Kestel, of WHO is leading this process.

There will **potentially be a Friendship Bench at the Assembly**; organised by UnitedGMH with WHO, as well as a facebook live session on mental health with a range of speakers. It was heard in our last BPG call that the governments of Canada, the Netherlands, and the UK have decided not to bid for a side event but would plan to support others.

UnitedGMH will help compile a list of activities for the MH community. Others will compile a list of all side events for the WHA. A link to these documents will be available on the BPG google drive.

## Lancet Commission young leaders

The Lancet Commission young leaders group are currently hosting an online Mental Health Poetry Festival (on Instagram [@mymindourhumanity](#)). Young people are encouraged to post their own poetry and the young leaders will produce illustrations and an animation of their favourites, with the aim of promoting awareness and understanding of mental health through poetry.

The social media campaign is being run in English, Swahili, Portuguese and Arabic.



At the end of April one poem will be chosen by the young leaders to be developed into an animated clip, which will be shared across the [@mymindourhumanity](#) social platforms.

[Here](#) is the link to the poster and a sample social media post in case anyone is keen to repost.

## FROM THE FACILITATOR

This edition is focused on Universal Health Coverage (UHC) and the importance of ensuring mental health is included in international and national plans to achieve UHC. Beginning with the CSO consultation in April, there are several important moments for the mental health community to make the case for inclusion. The [joint advocacy asks](#) agreed by the Blue Print group in January 2019, include explicit language on UHC. By working together, and joining the wider effort of UHC2030 and other partners, Blue Print group members can help ensure mental health receives the political and financial support it needs under UHC.

This edition also provides a short update on the World Health Assembly. Plans are in development for when and where mental health will feature in the meetings. The Blue Print Group agreed at its last meeting to make the WHA a priority event for its work. So far there has been no confirmation that a member state will sponsor a side event, but there are plans for other activities to feature mental health. The BPG call on March 13th provided an initial update and the next BPG call (week of April 1) will follow up on this conversation.

As always, we are keen to hear from you with news, up-dates, new reports, campaigns and other relevant information you would like to share with the Blue Print Group. Please email us at the address below.

In the meantime, we hope you enjoy this edition of the up-date and please feel free to send through comments and suggestions for the next edition.

Thanks

Blue Print Group Facilitators

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## NEWS

### INclude; the Mental Health Initiative

*BluePrint Group member Judith Klein introduces INclude, a development of the 1995 Mental Health Initiative.*

In 1995 a groundbreaking program called the Mental Health Initiative (MHI) was launched under the auspices of the Open Society Foundations (OSF). It was the first program of its kind with a long-term strategic focus and a human rights approach to supporting the development of community-based alternatives to institutionalization for people with intellectual and/or psychosocial disabilities.

After two decades of operating at OSF, MHI has become a new and independent organisation - INclude - whose purpose and niche is rooted in its ambition to inspire and motivate partners to work collaboratively toward a world in which people with intellectual and/or psychosocial disabilities live as valued and respected members of society. The INclude paradigm – which has been refined over the twenty years it operated under a different aegis – takes a holistic approach to this challenge by effectively combining advocacy, the provision of technical assistance to NGOs and governments, and targeted participatory grantmaking that actively engages the community in the development of community-based supports and services, and social enterprises. INclude is led by Judith Klein, J.D., founding Executive Director, and founder and former director of OSF's MHI.

For more information please contact [Judith Klein](#).

### UHC HLM: more details

The United Nations will be convening the first High-Level Meeting on Universal Health Coverage (HLM on UHC) on Monday, September 23 2019, during the high-level week of the UN General Assembly meeting at UN Headquarters in New York. The theme of the HLM on UHC is Universal health coverage: moving together to build a healthier world, and will consist of an opening segment, a plenary segment, two-multistakeholder panels, and a closing segment. The themes of the multi-stakeholder panels will be decided by Member States in New York over the coming months. An interactive multi-

stakeholder hearing as part of the preparatory process for the HLM will be held on Monday, 29 April at UN Headquarters in New York. For more information on the logistics of the HLM, please refer to the [modalities resolution](#).

The HLM on UHC is an opportunity to highlight the need for 'Health in All Policies' and emphasise the benefits of a lifecourse approach to health that spans the continuum of care, from health promotion and prevention, to screening, diagnosis, treatment and care, rehabilitation, and palliative care. Civil society advocacy for the HLM on UHC is being led by the Civil Society Engagement Mechanism (CSEM), which is part of [UHC2030](#).

As part of these broader advocacy efforts, new BPG member, the NCD Alliance is conducting an online consultation to help inform our advocacy priorities for the HLM on UHC, and to better understand the specific added value that the NCD community brings to the UHC discussions.

You can complete an online survey on UHC and NCD's [here](#) (open until Friday 29 March). The online survey will take approximately 15 minutes to complete, once you have developed your responses.

Please contact Priya at [pkanyson@ncdalliance.org](mailto:pkanyson@ncdalliance.org) with any questions or for more information.

The NCD alliance's publication "Linking Mental Health and NCD Alliance" is available [here](#).

### G20 2019 focus on dementia

The G20 health and finance ministers meeting in June will include a segment on dementia under the agenda item on ageing. The [Global action plan on the public health response to dementia 2017-2025](#) was adopted by World Health Organization (WHO) Member States at the 70th World Health Assembly in May 2017.

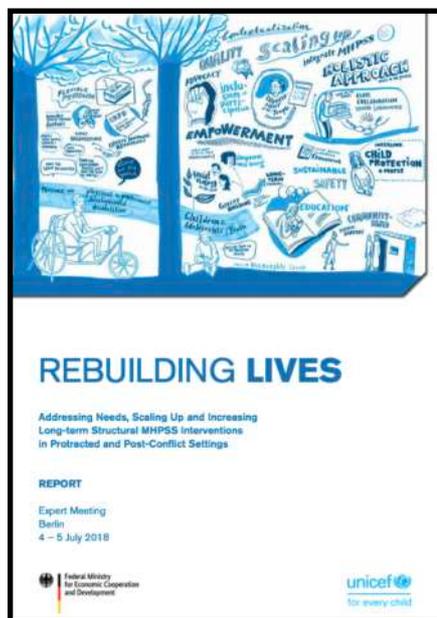
Partners are calling on the G20 to support the implementation of this plan with the necessary changes in policies and practice, and an increase in financing.

You can find useful resources on the plan and the activities have followed on the [WHO dementia](#) section of the website and the [ADI website](#).

# UNICEF rebuilding lives report

BPG member Zeinab Hijazi is proud to share the final report of the UNICEF & BMZ co-convened #RebuildingLives MHPSS expert level meeting in 2018. This meeting called for collective action in MHPSS for people in protracted conflict and post conflict contexts. The report was launched on March 13th **online** via [MHPSS.net](http://MHPSS.net), MHIN, and UNICEF/BMZ social media channels, and **in person** at the 'Supporting the future of Syria and the region' Conference in Brussels through 2 panels, including one on protection and education co-chaired by UNICEF & ECHO.

You can access the report [here](#).



## Fracarita and LSHTM conference

On the 22nd March 2019 there will be a conference held in London on [Rebalancing Power in Global Mental Health](#). This symposium seeks to explore practical and innovative ways of rebalancing power to pave the way for a new era of cooperation in the field of mental health.

The main themes throughout the event are:

- Experience from other fields in how people affected by public health interventions have been engaged in processes of change

- How research and practice in the field of Global Mental Health can better reflect the target communities that are the focus of much of the work
- How people with lived experience, women, young people, indigenous peoples and other traditionally marginalised groups can have a bigger impact on global health priorities

BPG member, Prakash Goossens, Fracarita International writes; 'It is important to highlight that the domination of English speaking global mental health leaves out the Spanish and French speaking countries of our world. As Fracarita International is working in different countries with different languages we also see that there is differing views on 'global mental health' or even on 'mental health' as a concept. Especially in the French speaking countries the Cartesian way of thinking reflects through service delivery and policy making.'

View the full program [here](#).

## iFred's Hopeful Minds Program

BluePrint Group member organisation, iFred (the International Foundation for Research and Education), was recently covered by the BBC in 'Teens on the Edge'. It was a compelling look at anxiety in youth around the UK, and how iFred's program Hopeful Minds is addressing the challenge. Ulster University, in Northern Ireland, is studying the program and finding a reduction in youth anxiety symptoms, and increase in emotional regulation, self-efficacy, confidence, and hope through the use of their program.

Higher hope is associated with better academic performance, less stress, increased productivity, less violence, quality leadership, lower anxiety, better social connection, and less loneliness. As hopelessness is the primary predictor of suicide and #1 symptom of depression, it is critical we teach skills to build a Hopeful Mindset. It is a free program, culturally adaptable, and most effective when used before age 10 yet suitable for all ages. iFred also just launched a free Hope Badge on 7 Cups, a peer to peer support app used around the world. iFred is

## NEW MEMBERS

New members that have joined the Blue Print Group since our last newsletter include;

Kevin Wenzel; Concordia

Tina Hjortlund; Lundbeck

Priya Kanayson; NCD alliance

Clare Taylor; National Collaborating Centre for Mental Health (NCCMH), Royal College of Psychiatrists

Faraaz Mohammed; Open Society Foundation

Ann Willhoite; USAID

Brian English; CitiesRise

looking for implementation, funding, and research partners to help scale more broadly. You can find the evaluation of the Hopeful Minds program [here](#), and learn more at [www.hopefulminds.org](http://www.hopefulminds.org).

iFred also had an [online event](#) on Monday, March 18th from 8am to 6pm EST with many of their participants talking about The Future of Health, specifically as it relates to mental health. A number of BPG members spoke during the event, and the agenda can be found [here](#). For more information on iFred's work please get in touch with [Kathryn Goetzke](#).

## The BPG Survey

As we agreed in the Geneva meeting of the Blue Print Group, we have prepared a **survey for members** to gauge your thoughts and get your comments and suggestions on the working of the group, its meetings, information sharing, and other aspects of the group.

The survey will take between 7 and 12 minutes to complete and we ask that you complete it by the end of business on the **29th March**. Here is the link: <https://goo.gl/forms/4VE9JN1vNEQFutd2>

## Plans underway for 4th BPG meeting

*The planning of the 4th meeting of the Blue Print Group is well underway.* The meeting will be taking place in New York on the 7th May. For more information please contact [anna@unitedgmbh.org](mailto:anna@unitedgmbh.org).

## BPG Webinars

BPG member organisation MHIN and UnitedGMH will be organising a series of **webinars on key advocacy priorities** for BPG members. More information to follow.

## Blue Print Group Resources

Blue Print Group Google Drive: <https://drive.google.com/drive/folders/13YNt-IwRI2n9TtOlpNuOHqml4I8itqik?>

In follow-up to the [13th March call](#), you can find information about World Health Day [here](#). Other languages available from the tabs at the top left of the page.

The BPG Google Drive contains the Grid calendar, meeting documents and presentations; background information; and articles and [reports shared by members](#).

If you, or a colleague would like to be included in the google group and receive updates from the Blue Print Group then please email [anna@unitedgmbh.org](mailto:anna@unitedgmbh.org)

BPG member Zeinab Hijazi from UNICEF is keen to link up with members of the BPG who are interested in developing **child-focused versions of the BPG joint advocacy goals and targets**. If you are interested in this work please contact [Zeinab](#) directly.

## Links Referred to in Articles:

LSHTM and Fracarita event; [Rebalancing Power in Global Mental Health](#).

NCD alliance survey <https://www.surveymonkey.com/r/6NCHMXV>

UNICEF Berlin Report [www.bit.ly/BerlinReport](http://www.bit.ly/BerlinReport)

Lancet Commission Young Leaders Poetry Festival [@mymindourhumanity](https://mymindourhumanity)

[Walk the Talk; World Health Day](#) ; [World Health Assembly](#);

**If you would like to receive a Save the Date or find out more about the Global Mental Health Summit in October in Amsterdam or participation in the informal donor group please send [Martine van der Does](#), of the Government of the Netherlands an email.**

## CALENDAR

<p><b>March</b></p> <p><b>63rd UN Commission on the Status of Women</b></p> <p>11th to 22nd March</p> <p>New York, USA</p> <p><b>Rebalancing Power in Global Mental Health Symposium</b></p> <p>22nd March</p> <p>London, UK</p> <p><b>April</b></p> <p><b>World Autism Day</b></p> <p>2nd April</p> <p>Global</p>	<p><b>World Health Day</b></p> <p>7th April</p> <p>Global</p> <p><b>World Bank/IMF Spring Meetings</b></p> <p>12th - 14th April</p> <p>Washington DC, USA</p> <p><b>UNGA Multi-stakeholder Hearing for High-Level Meeting on UHC</b></p> <p>29th April</p> <p>New York, USA</p> <p><b>May</b></p> <p><b>G7 Gender Equality Ministerial</b></p> <p>9th &amp; 10th May</p> <p>Paris, France</p>	<p><b>G7 Health Ministerial</b></p> <p>16th &amp; 17th May</p> <p>Paris, France</p> <p><b>World Health Assembly</b></p> <p>20th - 28th May</p> <p>Geneva, Switzerland</p> <p><b>June</b></p> <p><b>G20 Finance and Health Ministers joint meeting on health finance</b></p> <p>June 28th</p> <p>Osaka, Japan</p> <p><b>September</b></p> <p><b>UNGA</b></p> <p>September 17th-30th</p>
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