

# THE UPDATE

## BLUE PRINT GROUP

### ON GLOBAL MENTAL HEALTH

News on global mental health advocacy, campaigning and messaging

Issue 2 - January 2019

## Mental Health focus at Davos

*The World Economic Forum are shining a light on global mental health more than ever this year. Their mental health specific program is running on the theme of "No humanity or productivity without Mental Health: Optimising mental health for all in the age of the 4th industrial revolution. It is #TimeToAct."*

With the overall meeting theme of "Globalisation 4.0", this years annual meeting is looking to how we can work together to shape the geopolitical, environmental and economic transformations that will take place amidst advancing physical, digital and biological technologies. The inclusion of a mental health programme in this years event is designed to help garner interest in the topic among global, multi-stakeholder individuals, with the aim of challenging the the global community to commit to action. There will be a particular focus on mental health at work, moving discussions of mental health across society to people beyond the mental health community.

Dr Dixon Chibanda's friendship bench will be at WEF, and leaders will be encouraged to sit on it, to pledge their commitment to improve mental health services and understanding in their sphere. Dr Dixon Chibanda will also be a part of a plenary session. He will be speaking on a panel alongside Bernard Tyson, CEO of Kaiser Permanente; John Flint, CEO of HSBC; Jacinda Arden, Prime Minister of New Zealand, and the Duke of Cambridge, with

Becky Quick from CNBC moderating. This will be live-streamed on the WEF [website](#) on Wednesday 23rd 4-5pm (CET).

There will be an invite-only multilateral session with 25 participants. It will discuss workplace initiatives, financing and advocacy priorities in the year ahead. The idea is that participants will have a better sense of strategy for mental health globally. There will also be a press conference involving Dr Tedros of WHO, Jeremy Farrar of Wellcome, Elisha London of United for Global Mental Health, Paul Stoffels of J&J as well as the Rwandan Minister of Health, Diane Gashumba talking about the year ahead, commitments and milestones.

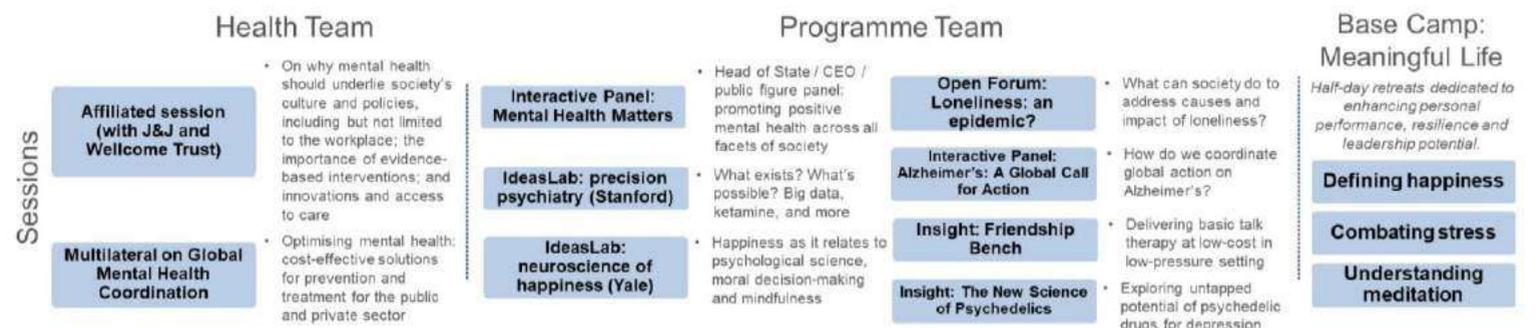
The Mental Health Innovation Network are producing a briefing for Davos on what different stakeholders can do to improve global mental health – aimed at a political and financial audience. There is also a social pack for the BPG members on the [google drive](#).

Most importantly if you, or any of your supporters will be attending the meeting please [let us know](#) so that we can work together to create as loud a voice as possible during next week.



## World Bank publishes new mental health papers

The World Bank has been issuing a number of new mental health papers and blogs recently, including a new paper on mental health in [Nigeria](#). With their main focus for 2019 being on Universal Health Coverage, they are highlighting the vital need to integrate treatment and care services for mental health disorders into accessible service delivery and financial protection programs, along with psychosocial support mechanisms. See the World Bank Mental Health pages [here](#) for more information and to keep updated on the latest work.



A graphic showing the main mental health events to be held at the World Economic Forum Annual Meeting

## FROM THE FACILITATOR

## Looking towards 2019

Welcome to the second edition of the Blue Print Group Up-date, a monthly edition of news and events prepared for the Blue Print Group by United for Global Mental Health.

We are aiming to produce this on or around the 15th of each month going forward. In each newsletter we will aim to have an in-depth discussion of a theme from a member organisation. The plan for future editions are:

- \_ February: mental health and stigma
- \_ March: gender and mental health
- \_ April: financing mental health

We are always 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.**

**Please ensure you have RSVP'd to the next in-person Blue Print Group meeting, which will be held in Geneva on the 11th February.** If you plan to dial into the meeting please also let Anna know, so that she can keep a record of who will be attending.

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

**Sarah Kline**  
sarah@unitedgmh.org

**Anna Watkins**  
anna@unitedgmh.org

## Save the Children Netherlands MHPSS focus

Save Netherlands will host an event at the Peace Palace in the Hague, in May 2019, as part of the Save the Children centenary celebrations. There will be a special focus on MHPSS as one of their 4 pillars in their Stop the War on Children campaign. For this focus on MHPSS Save the Children Netherlands will be working closely alongside WarChild.

Save the Children Denmark have also put dedicated resources into an MHPSS unit in their international department by launching the MHPSS Collaborative; an externally facing and soon independent initiative.

To mark Save the Children Denmark's 75th anniversary in 2020 the Danish Royal family has been approached to request the royal's involvement in a high-level meeting around the time of the anniversary celebrations (likely the 13<sup>th</sup> or 16<sup>th</sup> March 2020) with a focus on MHPSS for children and families in humanitarian and fragile settings.

## Spotlight on: [Mentally Aware Nigeria](#)

*New member to the Blue Print Group, Victor Ugo talks to us about the rapidly expanding initiative; Mentally Aware Nigeria.*

"The year has just begun but it doesn't look like the last one ever ended for us as we had the busiest holiday in our existence (more than 700 interventions/ users in less than 8 days) due to irresponsible reportage of a number of publicised suicides by the media and a consequential spike in the use of our suicide intervention services (which works by connecting users who request our services via our social media platforms of Twitter, Instagram and Facebook, and connects them to trained counsellors/listeners who apply first aid learnings and signpost to professionals). Thankfully, we were able to pull through especially with the induction of our newly trained counsellors into our response system (counsellors undergo extensive training in active listening and counselling, problem solving, etc.).

Over the next few weeks we are running a beta test on what should be a groundbreaking mobile application that will more readily

connect persons in need of our services directly to available counsellors; much like an Uber for mental health distress (We are on the lookout for available support and partnerships that will help us build more capacity for this emergency component to work efficiently). Among the other features of this exciting app is the largest database for available mental health service providers across the country including PHC facilities providing mental health in some States/ Counties, as well as an in-app booking platform that allows therapists to set available dates and times, making it easier to book therapy sessions. This will serve to improve the ease of finding not just available services by proximity but also quality services (as these services will be rated after use).

We are excited about 2019, and with good reason too, as we will be hoping to get the necessary support to scale from a self-funded organisation to one that can acquire more external resources, generate more internal resources using our products and become the first sustainable and largest mental health network in Sub-Saharan Africa and we hope to count on your support and guidance." Please find Mentally Aware Nigeria's moving new short film [here](#).

## Dutch Government outlines aims for second Ministerial Summit

*It was announced on World Mental Health day that the Dutch government are to be the next hosts of the Ministerial Summit on Global Mental Health, taking place on October 7th and 8th in Amsterdam.*

The next ministerial summit will focus on mental health and psychosocial support in crises situations, with the three main aims of the event to be: mobilise commitments from countries and organisations to scale up sustainable quality MHPSS in crises; increase commitments for financial support and identify new financing mechanisms; and explore how proven interventions can be integrated into humanitarian aid programmes. Over the course of the two days there will be a stakeholder meeting with expert working groups followed by a high level ministerial meeting. More information will be provided in the coming weeks.

## WHO releases new mental health country profiles

The first tranche of mental health country profiles has been published by the WHO, to complement the 2017 Mental Health Atlas.

The [country profiles](#) have been produced by the WHO, with statistics and policy data from 72 countries. The data includes disability-adjusted life years, as well as a section on governance, including how well the legislation abides with human rights covenants.

There is also further detail about the health resources in each country, specifically number of inpatients in mental health hospitals, how long the patients stay for, and whether they are involuntary admissions; also the percentage of patients that receive follow up. Examples are given of different mental health programs that are running in the country, clarifying what level the programs are running at, and whether a suicide prevention strategy exists in that country.

Two [more tranches of these profiles](#) will be released by the end of January.



## Dubai hosts Annual Meeting of the Global Futures Council

In November 2018 the World Economic Forum Futures Councils (GFCs) met in Dubai to plan their work for the year ahead. One of these groups is focusing on global mental health; the GCF on Neurotechnologies.



Quickly developing neurotechnologies will have an impact on entire industries, governments, and societies in the future. They are poised to impact diverse aspects of mental health care and treatment in profound ways, and are becoming increasingly available worldwide.

The Global Future Council on Neurotechnologies will be spending the year ahead exploring how these technical developments can support scaling care, and their ethical implications for society.

For any questions please contact the Council's Co-Chairs; Dr [Murali Doraiswamy](#), Professor of Psychiatry and Medicine, Duke University Medical Center and [Elisha London](#), Chief Executive Officer, United for Global Mental Health.

## Second Dementia Summit held in London

On December 5th, the follow up to 2013's inaugural world dementia summit was held in the Wellcome Trust offices.

The summit saw politicians and government officials gather alongside senior WHO colleagues and the OECD to speak on the collective action needed to deliver the newly proposed 2025 dementia solutions.

During this summit the ambitious new report [Defeating dementia: the road to 2025](#) was launched, setting goals to develop a disease modifying therapy, improve care and increase awareness of Dementia by 2025. The report highlights a small number of areas where increased international collaboration can help to drive the momentum that has built over the past five years, to reach the ambitions for 2025. It also reflects on what has been learnt and achieved since the 2013 G8 Dementia Summit.

The afternoon half of the event was split into two working streams: The Science work

stream; with a session on data sharing, funding and incentives, and clinical trials. Complimenting the Society work stream, which comprised of; Brain health and the public response, Care, and Technology.

Some key questions that were discussed and addressed at the summit, that we can also apply to the BPG are: How do we deliver on the public policy challenges of human rights agenda and a gender based approach and ensure solutions work for high income countries and LMICs? How do we better translate research into practice, not just in high income countries but in LMICs? How do we focus international fundraising; for large, expensive, moon-shot type initiatives or for many smaller diverse projects? For people or for infrastructure? For platforms or programmes? You can see a more detailed summary of the event [here](#).

### PEOPLE MOVES

**Charlene Sunkel:** *Charlene has left the South African Federation for Mental Health to lead the Global Mental Health Peer Network.*

The GMHPN is a service user/ lived experience network that currently has 18 Regional and Country Executive Committee members (all lived experience), representing 15 countries at present (<https://www.gmhpn.org/committees.html>). Their first (virtual) Executive Committee meeting has just been held, on the 3rd January 2019 and an in-person meeting will take place around April/ May 2019 - to workshop on focus areas for activities at global and country level and development of partnerships. 7Cups ([www.7Cups.com](http://www.7Cups.com)) is the lead partner of the GMHPN. More about the GMHPN, see website: [www.gmhpn.org](http://www.gmhpn.org)

**Sapna Mahajan:** Has left the Mental Health Commission Canada, she has recently been appointed Director at the [Treasury Board of the Canadian Secretariat](#)

**Saskia Daggett:** In November United for Global Mental Health appointed Saskia as their new Campaign Director.

## Blue Print Group Activities

Since our last newsletter we have had three calls with the Blueprint group, as well as multiple updates and papers from members being shared via the [google drive](#). We are also looking forward to the next in person meeting in Geneva, at the [Domain de Penthes](#) on the 11th February. We are working to finalise the agreed structure of the group (using the [bandstand](#) as a metaphor), please get in touch before the 21st January, so that we can pull all the feedback together for the Geneva meeting.

## Collectively agreed funding and policy goals

With thanks to the comments and feedback from the Blue Print Group advocacy team (particularly; Sarah Kline, Julian Eaton, Shekhar Saxena, and Mark Van Ommeron), we now have a set of goals which we can use to spell out our specific asks of policy makers. These mutual agreed goals can help us amplify our united message clearly and concisely to ensure policy makers take action. See the document [here](#).

## Forthcoming Meetings

**21st - 25th January:** World Economic Forum Annual Meeting, Davos, Switzerland

**30th January - 1st February 2019:** United for Global Mental Health and the South African Federation for Mental Health ([SAFMH](#)), are running a global mental health campaign planning meeting at the end of January. With support from Comic Relief this 3-day meeting will include 84 participants in total, 34 of which are from LMIC. There will be representatives from 14 different countries, including; India, Ghana, Nepal, Sierra Leone, Nigeria, Kenya, Liberia, Indonesia, Argentina, Tonga, UK, US, Australia, South Africa.

## Encouraging more colleagues from LMIC to join BPG

Charlene Sunkel of The Global Mental Health Peer Network (GMHPN) is working to bring new voices to the blueprint group, especially those with lived experience and from LMIC. She has suggested that country representatives from her organisation could add value to the group, as there are several of them and they are all very active in their field.

BPG members Victor Ugo and Sue Baker are also part of the GMHPN team.



**January 24th - Feb 1st:** WHO Executive Board

**January 24th - 3rd February:** Prince Mahidol Award Conference, Bangkok, Thailand

**11th February 2019:** 4th Face-to-Face Meeting of the Blue Print Group Geneva, Switzerland

**April:** Blue Print Group Meeting (focus will be planning to WHA, UNGA and Ministerial meeting)

## NEW MEMBERS

New members that have joined the Blue Print Group since our last face to face meeting include;

**Joanna Rubinstein** : World Childhood Foundation

**Saskia Daggett** : United For Global Mental Health

**John Collenette** : Vitol Foundation

**Steve Appleton** : International Initiative for Mental Health Leadership

**Pat McGorry** : Orygen

Victor Ugo : Mentally Aware Nigeria

**Elaine Flores** : LSHTM

Joan Demetriades : One Mind

**Marlie Melo** : Public health agency Canada

## Resources

Blue Print Group Google Docs: <https://drive.google.com/drive/folders/13YNt-IwRl2n9TtOlpNuOHqml4l8itqik?>

Blueprint group "[grid](#)"; a calendar with key dates, and the group's objectives for each event.