



April/May 2016

## Double edition & New staff at EUFAMI

Last month, we skipped a Bulletin, but we're back with a double edition! In the past month, EUFAMI also welcomed two new staff members: Winne Ko, responsible for membership and events; and Diego Calligaro, our policy and communications trainee.

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## PROJECTS

### Prism Project launched

EUFAMI participated in the kickoff meeting of the PRISM project (Psychiatric Ratings using Intermediate Stratified Markers) 2-4 April in Utrecht, the Netherlands. PRISM is a €16.5 million research project funded by the Innovative Medicines Initiative – a public/private partnership – to find out the underlying biological explanations for social withdrawal across diseases such as Alzheimer's disease, schizophrenia, and major depressive disorder. EUFAMI is excited to be part of this project, which offers the opportunity to break new ground and further improve the care for our loved ones who are suffering from various kinds of mental health issues. Find out more about PRISM in [this Science article](#).



## EVENTS

### Public Policy Exchange workshop

Our Secretary-General Aagje Ieven was invited to be a key note speaker on the topic of 'young people and mental health' during a workshop organised by Public Policy Exchange in Brussels on April 26th. Aagje shared her expertise in EU advocacy and EUFAMI's views on mental health and young people with an audience of researchers.



### EU Health Policy Platform launched

On 5 April EUFAMI's incoming vice-president, Martine Frager-Berlet, attended the launch meeting of the EU Health Policy Platform, an electronic tool to allow exchanges between stakeholders and with the EU, especially DG SANTE. EUFAMI hopes that, together with other stakeholders in mental health, a thematic network on "mental health" can be developed through the platform. The existing thematic network on health inequalities is also of interest, especially considering the big divide between East and West in psychiatric care.



### EP event on Mental health of Refugees

Membership officer Winne Ko attended a meeting of the Interest Group on Mental Health, Well-being and Brain Disorders addressing mental health and asylum seekers on May 4<sup>th</sup> in the European Parliament. A Written Declaration on mental health of refugees with 10 MEP's as cosignatories was drafted to raise awareness on the topic and members can write their national MEP's to urge them to sign the declaration. EUFAMI urges the EU to make prevention of family separation on the road a key priority in its refugee policy as separation gravely exacerbates the risk of mental health issues and child trafficking.



### WHO Working with society workshop

Our Secretary-General Aagje Ieven attended a WHO workshop on the theme "working with society" held in Brussels, Belgium on the 19<sup>th</sup> April. Key civil society stakeholders working on various health issues, shared their experiences on engaging with governments in support of a study developing conceptual frameworks and evidence supporting dialogue and collaboration between governments and civil society organisations for health and health systems.



For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

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## European Congress of Psychiatry

The 24<sup>th</sup> European Congress of Psychiatry (ECP) was held in Madrid, Spain between 12<sup>th</sup> – 15<sup>th</sup> March. The ECP has been an annual major meeting for psychiatrists from all over Europe to share their latest knowledge in evidence-based treatment diagnosis and education in psychiatry. The motto of 2016 was “Towards a Common Language in European Psychiatry”, with over 3000 participants from 93 countries attending the congress. EUFAMI president Bert Johnson participated in a number of panels to share the experiences and support needs of families. The 2017 EPA congress will be organised in Florence, Italy, and more information can be found at <http://www.epa-congress.org/>.



## FROM OUR MEMBERS

### 30<sup>th</sup> Anniversary of Austrian member AHA Salzburg

This month marks the 30<sup>th</sup> anniversary since the organisation ‘HPE’ (Help for the relatives of the mentally ill) was formed in Austria. EUFAMI would like to congratulate them on their achievements for the past decades.



## RESOURCES

### Mental Health Compass

At the close of the Joint Action on Mental Health and Well-being, the European Commission relaunched its Mental Health Compass as an online resource portal. The database will focus on the exchange of good practices, and aims to disseminate relevant documents and to encourage stakeholders from different European countries to express their interests for future EU level work on mental health.



### New report on young people’s (mental) health

On March 15<sup>th</sup> the Health Behaviour in School Aged Children Study launched its latest report “Growing Up Unequal” on the health and wellbeing of young people in 42 countries in Europe and beyond, including figures on gendered and geographic inequalities in mental health and the protective role of family and peer support.



### Book on strengthening health systems and policies

On Monday April 18<sup>th</sup> The WHO European Observatory on Health Systems and Policies launched a new book called “Strengthening health system governance: better policies, stronger performance” which presents a TAPIC framework (Transparency; Accountability; Participation; Integrity; Capacity) for making health systems more performant. EUFAMI strongly supports the point that participation of all stakeholders is key to effective health policies.



## COMING UP

### EUFAMI General Meeting & Member Participation Day

This week EUFAMI is preparing for its 2016 General Meeting, which will take place in Leuven’s Augustinessenklooster on 28<sup>th</sup> May. In addition to the official part of the meeting and discussions on the PRISM project and Carer’s Academy with family members, this day will offer the opportunity for joint reflection on the implementation of EUFAMI’s strategic goals for 2016-2018: working more closely with members and with the EU institutions, as well as expanding towards the East, where the needs are highest.



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## **Second free online course – Carer's Academy with King's College and FutureLearn**

After last year's success, the second edition of "Caring for someone with Schizophrenia or Psychosis" will start June 6<sup>th</sup>. This course provides information on psychosis, its treatments, links with substance abuse and physical health, and the impact on other family members and caregivers, as well as resources for caregivers to find support and care for themselves. All info and registrations here: <https://www.futurelearn.com/courses/caring-psycho-schizophrenia>



## **NEXT MONTH'S AGENDA**

**8-10 June: eHealth week in Amsterdam:** The eHealth Week 2016 explores the relation between IT and healthcare. The event is organised by the Dutch Ministry of Health as part of the Dutch Presidency of the Council of the European Union, the European Commission and HIMSS Europe. <http://www.ehealthweek.org/ehome/128630/eHealth-week-2016/>

**17-19 June 17th EMDR Europe Conference:** the most recent research and clinical results of EMDR, a psychotherapy used to help with the symptoms of post-traumatic stress disorder (PTSD), will be presented here: <http://emdr2016.eu/>

**20-22 June "The future is local! Empowering communities, combatting poverty, improving services":** conference by the European Social Network, The Hague, The Netherlands <http://www.essc-eu.org/>

**22<sup>nd</sup> June Presentation of EPF's patient empowerment campaign at the European Parliament** <http://www.eu-patient.eu/News/News/save-the-date---epf-patient-empowerment-campaign-closing-event/>

**22-24 June: "International conference on Mental Health and Cultural Diversity"** Ethnicity and cultural diversity affects perception of mental health illness, service access and its utilisation. The International conference on Mental Health and Cultural Diversity aims to discuss and address this worldwide issue. <http://emh-dmu.org.uk/>

**30 June: MHE Breakfast Roundtable at the EP on Article 12 UNCRPD**, which seeks to answer the following question: 'How can we ensure that persons with psychosocial disabilities are enabled to make decisions for themselves?'. <http://www.mhe-sme.org/fr/news-events/news/news-details/article/save-the-date-thursday-30-june-mhe-breakfast-roundtable-in-the-european-parliament/>

**2-6 July: 10th FENS Forum of Neuroscience (FENS 2016)**, Copenhagen, Denmark. <http://forum2016.fens.org>

**13 July: Meeting of the Interest group on Mental health, Well-Being and Brain Disorders** in cooperation with the European Brain Council: 'Mental health and brain disorders: Ensuring EU and national level action', at the European Parliament

## **FURTHER AHEAD**

- 4th International Congress on Borderline Personality Disorder, 8-10 September 2016, Vienna, Austria.
- 29<sup>th</sup> European College of Neuropsychiatry Congress, 17-20 September 2016, Vienna, Austria
- 2nd International Young Carers Conference, 28-31 May 2017, Malmö, Sweden
- 17<sup>th</sup> international congress of ESCAP, European Society for Child and Adolescent Psychiatry, on Transition from child to adult care systems, July 2017, Geneva, Switzerland. ESCAP is currently accepting abstracts. [Click here](#) for details and for submission of your abstracts for lectures, symposia and poster presentations. Closing date: December 30<sup>th</sup>, 2016.

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