

**GAMIAN-EUROPE
(GLOBAL ALLIANCE OF MENTAL
ILLNESS ADVOCACY NETWORK)**



**GAMIAN- EUROPE WORK
PROGRAMME 2016-2017 &
2015 ACTIVITY REPORT**

ABOUT GAMIAN-EUROPE

GAMIAN-Europe is a patient-driven pan-European organisation, represents the interests of persons affected by mental illness and advocates for their rights

OVERALL OBJECTIVES

To represent the views of patients and ensure that this voice is heard in the development of sound EU and national level policies which contribute to prevention of mental health problems and ensure good services, care and empowerment for those affected by mental health problems

HISTORY

GAMIAN-Europe was established in 1998 as a representative coalition of patient organisations. Putting the patient at the centre of all issues of the EU healthcare debate, the organisation aims to bring together and support the development and policy influencing capacity of local, regional and national organisations active in the field of mental health.

Patients can and should play an effective and complementary role in developing positive and proactive policies and other initiatives with an impact on mental health issues. GAMIAN-Europe, as an informed and effective advocate, is seeking to become a powerful and trusted point of reference for the main EU institutions and other organisations and stakeholders seeking the views of patients.

CORE ACTIVITIES

GAMIAN-Europe's activities consist of the following strands of action:

- ✓ Advocacy
- ✓ Education/information
- ✓ Partnerships and networking
- ✓ Building/strengthening the organisation and information exchange

CONTACT INFORMATION

Rue du Trône 60 - 1050 Brussels, Belgium

Email: info@gamian.eu




Website: www.gamian.eu

Twitter: [@GamianE](https://twitter.com/GamianE)



Facebook: fb.me/GAMIANadvocacynetworksEurope

OUR TOPICS



Advocacy

-  Act as the voice for patients, both at EU as well as at national level, and demonstrate that this voice is useful as well as indispensable
-  Ensure that patients are at the centre of all aspects of healthcare provision
-  Work to improve the availability, accessibility, and quality of treatment for all mental health problems




Information and Education

-  Improve the provision, reliability and quality of information on mental health problems for patients as well as the general public
-  Assist in improving the training, education and understanding of mental illness of health and other professionals

Stigma and Discrimination

-  Increase awareness, knowledge and understanding of mental health problems
-  Help reduce stigma, prejudice, and ignorance in relation to mental health problems and fight discrimination

Patients Rights

-  Focus on the development and enforcement of rights for persons affected by mental health problems, e.g. access to appropriate treatment
-  Cooperation, Partnerships and Capacity Building
-  Enable patient groups to collaborate with health professionals, policy makers, academics, and industry

GAMIAN-EUROPE WORK PROGRAMME 2016-2017

THEMES FOR 2016 - 2017

- Quality mental health services
- Mental health in the workplace
- Effectively addressing schizophrenia in policy and practice
- Depression
- Mental health and asylum seekers
- Mental health and sexual health
- Stigma



ADVOCACY ACTIVITIES

Ensuring an appropriate and concrete follow-up to the Joint Action on Mental Health and Well-being

GAMIAN-Europe has prepared a concrete outline for a EU-level Action Plan on Mental health and will use this (in partnership with other stakeholders) to advocate for concrete action at EU and national levels to ensure the implementation of the recommendations as developed by the Joint Action on Mental Health.

Mental health and asylum seekers

At a GAMIAN-Europe regional seminar, held in March, the issue of mental health and asylum seekers was addressed, in the presence of Tomas Zdechovsky (MEP) This offered the opportunity to convince this MEP to table a Written Declaration, which he was happy to do. Since the meeting in March, GAMIAN-Europe has developed a Written Declaration, found 10 more MEPs to support it and held a meeting of the Interest Group on Mental Health, Well-being and Brain Disorders in order to launch the Written Declaration and find the support of other stakeholders. Support will now have to be sought in the Parliament (376 signatures) in order for the Written Declaration to be adopted.

Interest Group on Mental Health, Well-being and Brain Disorders

The Interest Group on Mental health, Wellbeing and Brain Disorders has proven an effective means to amplify the mental health voice at EU level as well as to increase visibility and credibility for GAMIAN-Europe. Therefore, we will continue to coordinate the European Parliament Interest Group on Mental Health, Well-being and Brain Disorders and organise 4 meetings per year as well as work with the MEPs involved to table Written Questions to the Commission and amendments to Commission reports.

Advocacy as a matter of course: responding to EU and national level policy development

As in the past, GAMIAN-Europe will keep a close eye on policy development and respond by means of proposing Written Questions and develop position statements and letters to the Commission. Where possible, the support of MEPs will be sought for tabling amendments in relevant reports (e.g. the mental health dimension in last year's report on health and safety in the workplace was considerably strengthened by amendments proposed by GAMIAN-Europe). National organisations can call on GAMIAN-Europe to support campaigns at national level.



EDUCATION/INFORMATION ACTIVITIES

Educational Events

Annual Conventions

The 2016 Annual Convention took place in Vienna from 15th to 16th September and addressed mental health and asylum seekers (in line with one of our advocacy priorities)



The 2017 Annual Convention will focus on 'Effectively addressing depression in policy and practice'.

Regional Seminars

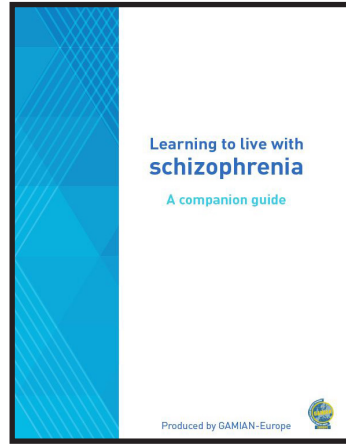
The 2016 Regional Seminar took place in March (Prague-Czech Republic) and also addressed mental health and asylum seekers. This theme puts us right on the heart of current policy debates.

Next year's Regional Seminar will focus on Depression

These events also serve networking and partnership amongst our members and are considered as vital elements of the coherence and representation of the organisation.

Publications

Schizophrenia Companion Guide



- Production and implementation of guidelines for patients and carers.
- Representatives of people with schizophrenia and their family should participate in the development of these guidelines and devising training programmes.

- Insertion of these guidelines in the European Strategic Implementation Planning (the specific implementation and results of which will be followed up on a yearly basis).

Sexual Health Questionnaire

GAMIAN-Europe is convinced of the importance to learn from patients about their true experience and to convey this experience to policymakers to ensure that this is taken into account in policy development.

This is the background to our pan-European surveys: to assess the patients' experience in different countries. The surveys clarify and emphasize the "expert by experience's" specific view on specific themes (stigma, relation with physical health, adherence to treatment).



PARTNERSHIPS AND NETWORKING

Working in partnership is crucial for a strong voice on mental health and mental health services.

GAMIAN-Europe is already collaborating with most relevant organisations in the field of (mental) health, such as the European Patients' Forum, European Brain Council, EUFAMI, EPPOSI, EPA, UEMS, IAPO, the Expert Platform on Mental Health – Focus on Depression and the EFPIA Think tank.

These partnerships will be continued and strengthened and more partnerships will be developed where possible (e.g. with Mental Health Europe).

The meetings of the Interest Group on Mental Health, Well-being and Brain Disorders serve to strengthen the links with relevant (mental) health and social organisations and policy makers; the Annual Convention and Regional seminars contribute to 'internal' as well as external networking events.



BUILDING/STRENGTHENING THE ORGANISATION AND COMMUNICATION

Communication – internal and external

GAMIAN-Europe aims to function as a Platform where the views and experiences of patients are collected, communicated and exchanged. To this effect we:

- Publish a quarterly newsletter (sent to members, relevant stakeholders and policy makers)
- Run a comprehensive website
- Make use of the Social Media (Facebook/Twitter)
- These views and experiences also feed directly into our advocacy activities.

During 2016, we intend to make the website more user-friendly and interactive.

Strengthening the membership base

Broadening our full membership - While GAMIAN-Europe currently enjoys a representative membership base, it is our aim to build a complete European membership, including at least the 28 EU countries and all mental health conditions. To this effect we will develop 'promotion' materials and targeted outreach activities. We will also consider broadening our range of services to our members.

Extending the number of associated members - We will also strive to extend the number of associate members (e.g. professional associations such as EPA, UEMS, EFPA...) and corporate members (both pharma and non-pharma companies). Not only would this help to build a sustainable financial basis, it would also help to strengthen our partnerships and therefore, our voice.

Strengthening the work of the Board

GAMIAN-Europe intends to set up a number of active Task Forces as part of the Board, in order to be able to respond to developments as they arise. There will be:

- Governance Committee (to ensure the transparent and appropriate functioning of the organisation)
- Membership Committee (to work on extending the membership and ensuring communication with members projects)
- Finances/fundraising committee (ensuring sound financial management and income)
- Research Committee (in view of the increasing number of requests for participation in research projects)

Patient involvement in Research

(FP7 and Horizon 2020 projects)

GAMIAN-Europe is increasingly invited as a partner in EU funded research projects. Our role in these projects consists of ensuring that the patient view is included in the work and outcome of the project as well as disseminating the findings of the projects to relevant stakeholders

GAMIAN-Europe is currently partnering in three FP7 projects:

MOODFOOD (Multi-country collaborative project on the role of diet, Food-related behaviour, and Obesity in the prevention of depression)

E-COMPARED (European-Cooperative Effectiveness research on online Depression)

MASTERMIND (Management of mental health disorders Through advanced technology and services – telehealth for the MIND)

GAMIAN-Europe is also involved in several Horizon 2020 applications (funding decisions pending):

- **International training network (ITN)** grant proposal for the EU, about the treatment of childhood anxiety disorders and the role of parents in Europe.
- **EUDISTRESS** addresses stress-related mental disorders, and will include 15 different Phd projects.
- **ERANET Neuron Cofund:** avoids the problems of fragmentation in National efforts by coordinating national and regional programs for diseases related to neurosciences research.
- **TripaTrain:** training students in an emerging field of translational brain research: the 'tripartite synapse'.
- **CAPICE** Childhood and Adolescence Psychopathology: unravelling the complex etiology by a large Interdisciplinary Collaboration in Europe.
- **IMI project – RADAR** – use smart phones and other devices to identify biosignatures.
- **ImpleMentalAll** - Toolkit for tailored implementation strategies that is expected to make implementation trajectories more efficient.
- **INFLAMind** - Stratification Strategy for the use of anti-inflammatory drugs as an adjunctive treatment option to improve the effectiveness of antidepressants.
- **SMART-ECT** - Addresses the need of more effective and safer therapies for severe depression and improve treatment options and quality of life for people with depression in Europe.

2016 ACTIVITIES

Interest Group Meetings

JANUARY *'Providing Care to People with Mental Health Problems'*

Discussion at the European Parliament around the topic with the participation of Marian Harkin MEP, Spyros Zorbas from Kinapsi, Greece, John Dunne from Eurocares and Jurgen Schefflein from the EU Commission.

MAY *'Mental health and the migrant's crisis'*

Gamian-Europe organized an Interest group meeting on Mental Health, Well-being and Brain Disorders at the European Parliament. The topic of the meeting was Mental Health and Migrants' Crisis which had the participation of MEP Tomas Zdechovsky.

JULY *'Mental Health and Brain Disorders: Ensuring joint EU and National Level Action'*

The co-chairs of the European Parliament Interest Group on Mental Health, Well-being and Brain Disorders, the Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe) and the European Brain Council (EBC) organized on 13th July 2016 the Interest Group 'Mental health and brain disorders: Ensuring joint EU and national level action' at the European Parliament

NOVEMBER *'Preventing suicide - The evidence and next steps -*

European Parliament Interest Group on Mental Health, Well-being and Brain Disorders, the Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe) together with Expert Platform on Mental Health -Focus on Depression (EPD)- organized on the 9th November 2016 a round table to discuss one of the most important public health challenges: Suicide. The Interest Group Meeting had the participation of Nessa Children, MEP, Professor Josef Zohar (President of Expert Platform), Hilikka Karkkainen (President of GAMIAN-Europe) and Herta Adam (European Commission, DG Santé)

For full reports please visit [GAMIAN website](#)

Regional Seminar 2016

Held in Prague on March 2016, the seminar was looking forwards to address the impact of the current migration crisis on mental health, with participants reflecting and reporting on the situation in their country, how patient, advocacy groups are involved and good practices in their countries

The GAMIAN-Europe Pedro Montelano Good Practice Award (handed out at the General Assembly)

This year's Pedro Montelano Good Practice Award was won by Awakening Foundation, Hungary for the project on adaptation of Hearing Voices Method in Hungary. The project started in May 2012 and seek to connect people with mental health issues, share ideas, distribute information, highlight initiatives and encourage research across the World.

For more information about the project visit [GAMIAN Website](#)

The GAMIAN-Europe Personality Award (handed out at the General Assembly)

Professor Jose Miguel Caldas de Almeida was awarded this years with the European Personality Award. He is a Professor in psychiatry, chairman of the Mental Health Department of the University of Lisboa and President of the Lisbon Institute of Global Mental Health. He is author of several articles and book chapters and has done a great contribution in the mental health field in Europe.



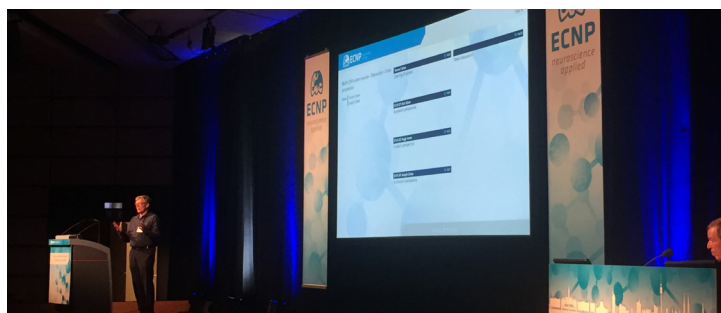
Professor Caldas's son received the GE Personality award 2016



Robert Kristof receiving the Pedro Montelano Good Practice Award 2016

On Thursday 15th September, GAMIAN-Europe members came together to discuss Migration, Mental Health and the European Impact with experts from The European Union Agency (FRA) and The International Red Cross. The input from GAMIAN-Europe members was very important as they had the opportunity to shed light on their individual experiences and thought on how National Government could restructure their migration strategy. Some GAMIAN-Europe board members gave presentations on the current migration and mental health situation in countries like, Romania, Sweden, Greece and Finland.

To know more about the Convention please visit [GAMIAN website](#)



On Saturday 17th September GAMIAN-Europe (GE) participated in the ECNP Patient Session in which GE board member and patient Bert Aben shared his experience of living with a mental health condition.

LONG TERM ACTIVITY PLAN*

- Depression Companion Guide (booklet)
- Questionnaires
- Cyber bullying and bullying at schools
- Mental health at the workplace
- Survey on schizophrenia

Depression

GAMIAN-Europe will go on exploring what are the mental health service provision for persons with depression and their carers in each member country and draw up an inventory of literature on depression and co-morbid issues (mainly diabetes, cardiovascular problems and cancer) in each country that patients and carers know about and find useful (identify gaps and needs in literature).

Funding: Sponsorship by one or more companies (estimated budget 20.000 € over 2 years)

Improve Information

- Production of Information booklets - kindle books (bipolar companion guide) on depression, anxiety disorder, ADHD.
- Broad our social network (Facebook and Twitter)
- Improve information for the website (in collaboration with ECNP)
- Consultation of GAMIAN-Europe's members: The questionnaires
- Repeating questionnaires every 4/5 year. (Physical Health in 2015, Adherence in 2016, etc.)
- Publication and distribution of results at ECNP, Gastein, Presentation at European Parliament

*GAMIAN-Europe is open to suggestions for other themes to be addressed during 2017.



GAMIAN-EUROPE ANNUAL REPORT 2015

Foreword

By President Yoram Cohen



The sudden death of our beloved President, Pedro Montellano, on 2nd of October 2015, overshadowed this year. A young and promising leader who was dedicated to improving the quality of life for mental health patients passed away, we all lost the mental health patient number 1 in Europe.

Pedro as president was very active, he was in contact with other leaders and with other organizations, he did it with love and professionally. Pedro who was a patient himself, was admired by all and he has the right qualities for representing all mental health patients.

Whilst looking at the activities of GAMIAN-Europe during 2015 we can see the total involvement of Pedro with other organizations. He was committed to representing our organization and dedicated to mental health to the point he sometimes neglected his family.

Pedro's unfortunate death was traumatic for his family, relatives, friends, all who is who in mental health in Europe and his colleagues within GAMIAN-Europe. It took a long time to digest this situation and to figure out how to act accordingly.

Yoram Cohen, who was the Vice-President, started acting as Acting President, the Board decided to name the Good Practice Award of GAMIAN-Europe as the Pedro Montellano Good Practice Award. We are in good contact with Filomena, Pedro's widow, and probably she and her children will take part at the Vienna Convention to be held in September 2016 and will present, for the 1st time, the Award to the winner.

Our Executive Director, Paul Arteel, who was for the last ten years at this position, shaped this role in order to support the organization, the Board and the President. He started his role as the first Executive Director with Past President Dolores Gauci, continued with Past President Pedro Montellano and ended with current President Yoram Cohen. Paul decided to retire late last year and to follow his dream to settle down in Southern France. We wish him and Yannik a pleasant and relaxing life ahead.

We are keeping our tradition of having successful Regional Educational Seminars. We last year had the Seminar in Serres, Greece in March 2015. It was progressively followed-up this year with the Regional Seminar held in Prague, Czech Republic in March 2016 many thanks to the organizers.

The unstable situation in Europe caused us not to organize some meetings or change places. The 2016 Annual Convention will not be held in Ankara but in Vienna on 15-18 of September in collaboration with ECNP.

Whilst starting 2016 we had the time of changing of the guards, since January I became the new President and since March Emeka Olisa (Nigel) has become the new Executive Director.



Pedro Montellano

Board Composition

In 2015 the Board members were:

Board of Directors

President: Pedro Montellano † (Portugal),

Vice-President/Acting president: Yoram Cohen (Israel)

Inmediate Past President: Dolores Gauci (Malta)

Treasurer: Rebecca Muller (Belgium),
From 01/10/2015:

Ausra Mikulskiene (Lithuania)

Secretary General: Aikaterini Nomidou (Greece)

Members:

Bert Aben (Netherlands)

John Bowis (United Kingdom)

Jacinta Hastings (Ireland)

Hilkka Karkainen (Finland)

Raluca Nica (Romania),

Hakan Wingren (Sweden)

Patrick Jeannot(France) resigned

Staff:

Paul Arteel, Executive Director

Christine Marking, EU Policy Advisor

Erik Vander Eycken, Assistant to the executive director



Board meeting (September 2015)

REGIONAL SEMINAR SERRES (GREECE)

Theme: Community Mental Health

28-29 March, 2015, Serres (Greece)

Community mental health is a decentralised pattern of mental health, mental health care, or other services for people with mental illnesses. Community-based care is designed to supplement and decrease the need for more costly inpatient mental health care delivered in hospitals. Community mental health care may be more accessible and responsive to local needs because it is based in a variety of community settings rather than aggregating and isolating patients and patient care in hospitals.



VIEWS & APPRECIATION

At the Serres seminar, some twenty participants presented the community mental health situation in their respective countries, shared their experiences and exchanged good practices.

The seminar started with a welcome by the Director of the Department of Social Solidarity of the Regional Administration of Central Macedonia, Vasilis Vafiadis. He appreciated the initiative by GAMIAN-Europe for organising a seminar on a topic which is still a taboo in many countries and communities. He also expresses his concern about the increasing prevalence of mental health conditions.

Full report available at the GAMIAN-Europe website
<http://www.gamian.eu/conventions/1037/>

“

Ireland – Jacinta: For me the meeting captured the benefit of these events and the richness of contributions. This was a very beneficial learning experience and one which I value greatly. Serres gave us all – a great location, a warm welcome, an informative programme among friends old and new. It was truly a great Greek experience. I loved every minute of it all. The Greek night will stay with me for a long time – not as a tourist spot – but as a normal tavern where ‘normal’ people go on a Saturday night – to eat, drink and be merry.

Hungary – Istvan: I had a great time in Serres. Nice to meet all of you ! Thank You for being part of the conference!

Greece – Domna: Thanks to SOFPSI N.SERRON we learn what's happening around Europe about good practices in mental health

Belgium – Rebecca: I appreciate what SOFPSI N.SERRON is doing without financial resources

”

MEETINGS OF THE INTEREST GROUP ON MENTAL HEALTH, WELL-BEING AND BRAIN DISORDERS DURING 2015

During 2015, the Interest Group met four times.

In a meeting held in **JANUARY**, entitled 'Sound mental health policy development – the need for focused research' the findings of the ROAMER project were presented by project coordinator Josep Haro. Other speakers included Barbara Kerstiens (European Commission, DG Research & Innovation) who introduced the place of mental health in the Horizon2020 programme and three panelists: Juergen Scheftlein (European Commission, DG SANTE), David McDaid (London School of Economics) and Prof. Patrice Boyer (European Brain Council).

In **JUNE**, the Group addressed the need for improved treatment of brain disorders, and the meeting was organised in cooperation with the European Brain Council. A White Paper produced by the International College of Neuropsychopharmacology, entitled 'Innovative partnerships to accelerate CNS drug discovery for improved patient care' was presented by Frédéric Destrébecq (European Brain Council). The patient perspective on this topic was provided by Rebecca Müller (Ups and Downs (B)); Paul Arteel (GAMIAN-Europe) and Marc Hermans (UEMS) provided their views as well.

In **OCTOBER** a joint meeting was held in cooperation with the Brain, Mind and Pain Interest Group to address stigma in relation to brain and pain disorders and mental health issues. The background to the meeting was the growing need for more awareness of and clear information on stigma, as well as the need to listen to those who suffer stigma and how it impacts on their lives. The first part of the session was devoted to testimonials by patients and relatives of patients; these were followed by presentations on the evidence of stigma, i.e. overviews of the outcomes of the EFNA and GAMIAN -Europe surveys on the patient experience of stigma.

In **NOVEMBER** a joint meeting was held with the European Parliament Interest Group on Carers. A EUFAMI survey, entitled 'Caring4Carers', commissioned to Leuven University was the main focus of the meeting, and key note speaker Prof. Chantal van Audenhove (LUCAS) presented its main findings.



The Interest group on Mental Health, Well-being and Brain Disorders during 2015

20 January: Sound mental health policy development – the need for focused research

3 June: Mental health and societal integration: work and community

14 October: Tackling the stigma of brain, mind and pain disorders

17 November: Providing care to people with mental health problems

Other European Parliament work

GAMIAN-Europe also successfully worked with MEPs to strengthen the mental health dimension in a Commission proposal on EU Health and Safety in the Workplace. This takes into account the results of its evaluation and contributions from a wide range of stakeholders, including workers' and employers' representatives. GAMIAN-Europe worked with MEPs to insert a number of amendments to ensure sufficient attention for mental health in the workplace. Many of these were adopted at the Parliament's November plenary session.

Working with the European Commission

GAMIAN-Europe also produced a compilation of all Interest Group meetings held since the Group's inception in 2009, in order to introduce the work of the Group to Health Commissioner Vytenis Andriukaitis and gain visibility for the importance of mental health.

A GAMIAN-Europe response was prepared to an Opinion of the Commission's Expert Group on Efficient ways of Investing in healthcare (EXPH) on access to healthcare in the EU.

All documents can be found on the GAMIAN-Europe website.

GAMIAN-EUROPE 2015 AWARDS



Best Practice Award 2015 Al Ze ('On It') – Professional Training by Enosh, the Israeli Mental Health Association

GOOD PRACTICE AWARD 2015

Al Ze ('On It') – Professional Training by Enosh, the Israeli Mental Health Association

GAMIAN-Europe's Good Practice Award

The Good Practices Award was launched in 2010. The first edition was presented at GAMIAN-Europe's Annual Convention in 2011.

Every year, all GAMIAN-Europe members are informed of the results and called to apply for the next year's Award.

By supporting and publishing all projects GAMIAN-Europe wants to contribute to the fight against stigma, exclusion and isolation of people with mental health problems by identifying and sharing 'good practices' with a large audience and supporting the exchange of expertise between the projects.

EUROPEAN PERSONALITY AWARD

John Copeland MD and ScD (Cambridge) was the winner of the 2015 European Personality Award. He was President of WFMH in the period 2007-2009 and Head of the Department of Psychiatry at Liverpool University between 1976 and 1997. He founded and currently chairs the WFMH Great Push for Mental Health and was organiser and co-author of the People's Charter for Mental Health (www.wfmh.org) based on a WFMH survey of international organisations.

Prof. John Copeland and his colleagues, including GAMIAN-Europe Board member John Bowis, incorporated survey results as a part of the People's Charter for Mental Health to show the actions needed by governments and specific NGOs to improve mental health care. The Charter was published in 2013. The Great Push for Mental Health is campaigning for the five goals listed in the Charter, i.e.:

- UN General Assembly Special Session for Mental Health;
- The recognition of mental disorders as major non-communicable diseases;
- That mental health and well-being be recognised as components of the Sustainable Development Goals;
- That mental Health be represented on all Disaster Emergency Committees;
- That the WHO Comprehensive Action Plan for Mental Health be implemented by all countries.

The 2015 Good Practice award went to the association Al Ze ('On It') Professional Training by Enosh, the Israeli Mental Health Association.

This entails professional training in social & digital media for people affected by psychiatric conditions, conducted by Enosh' branch in Be'er Sheva (Israel), sponsored by Phillip Morris and Boeing.

The programme aimed to empower adults by training them in the field of social media and presenting them with new opportunities to enhance social visibility and earning potential. Enosh provided 10 persons with psychiatric conditions, aged 25-65 from Be'er Sheva with a professional course in website development, Facebook-page management, designing presentations and infographics.

The course was important as it improved the lives of people with mental health conditions. Prior to the course, they were experiencing stigma and alienation and were excluded from economic and social activities. Today, participants experience much less discrimination and they are no longer trapped in a cycle of poverty. Nine participants completed the programme successfully. Following the course, they worked in the new service centre and earned a salary for their work; at the centre they provided services to local businesses in the field of social media.

As a result, the programme graduates had opportunities to interact with the wider community and reduce social stigma. They proved business clients that they should not have any concerns over job performance or attendance. Four of the programme graduates are now integrated in the local work force.

GAMIAN-EUROPE'S INVOLVEMENT WITH EU RESEARCH



On 12 March 2015 Paul Arteel participated in the final meeting of the ROAMER project, which aimed to produce a roadmap for future mental health research.

Within the section on 'Stakeholders view' he spoke on behalf of GAMIAN-Europe.

In 2014 GAMIAN-Europe became a partner in the FP7 projects below, taking up its role with the dissemination activities, Patient Advisory Boards and consortium meetings in 2015:

MooDFOOD (Multi-country collaborative project on the role of Diet, Food-related behaviour, and Obesity in the prevention of Depression)

- Three issues of the MooDFOOD newsletters were issued and can be found here on our website
- Two meetings of the Patient Advisory Board took place

E-COMPARED (European-COMPARative Effectiveness research on online Depression)

- Three issues of the E-COMPARED newsletters were issued and can be found here on our website.
- Two meetings of the Patient Advisory Board took place in 2015
- GAMIAN-Europe attended the third project Consortium meeting, held in Porto on 12 October 2015

MasterMind (Management of mental health disorders through advanced technology and services – tele-health for the MIND)

- Three issues of the MasterMind newsletters were issued and can be found here on our website.
- Two meetings of the Patient Advisory Board took place in 2015
- GAMIAN-Europe attended two Consortium meetings in 2015: the 4th Consortium meeting on 29 April 2015 (Brussels) and the fifth on 20 October 2015 (Odense, DK)

Available at www.gamian.eu

REPRESENTATION AND ACTIVE INVOLVEMENT IN:

European Brain Council (EBC)/ The international College of Neuropsychopharmacology (CINP) White Paper

GAMIAN-Europe joined the partnership to accelerate CNS drug discovery for improved patient care. GAMIAN-Europe raised awareness on the issue with EBC/ CINP.

Mental Health Index of Economist Intelligence Unit

GAMIAN-Europe was on the Advisory Board for this study.

EU Joint Action on Mental Health & Well Being

GAMIAN-Europe was on the Steering Committee as well as an active partner in Work Package 4 and Work Package 5. President's report was distributed on 20 September 2015

Occupational Safety and Health Administration (OSHA)

GAMIAN-Europe is an official partner in a campaign on stress at work, coordinated by the European Agency for Safety and Health at Work (EU-OSHA).

European Medicines Agency

GAMIAN-Europe is a member of the PCWP (Paul Arteel & Hilikka Karkkainen)

World Federation of Mental Health (WFMH)

Vice-President Yoram Cohen became a Board Member of WFMH in 2015

European Patients Forum (EPF)

Pedro Montellano was elected as a member of the EPF Board. Jacinta Hastings represents GAMIAN-Europe on the Working Group on Access to Healthcare.

European Patients Academy on Therapeutic Innovation (EUPATI)

Pedro Montellano represented GAMIAN-Europe in EUPATI, which aims to empower patients with knowledge of mental health and to create 100 patient experts. Patients from 12 countries are involved.

European Expert Platform Mental Health – Focus on Depression

Pedro Montellano was closely involved.

European Brain Council

Pedro Montellano was Vice President of the EBC and involved with the Value of Treatment project (Paul Arteel)

January Lundbeck International Neuroscience Foundation (LINF) Copenhagen (Pedro Montellano & Paul Arteel)

February European Platform for Patients' Organizations (EPPOSSI) Health Technology Assessment (HTA) workshop Brussels (Paul Arteel)

Expert Platform on Depression Brussels (Pedro Montellano)

EPPOSSI Board Brussels (Paul Arteel) IG Brain Mind and Pain Brussels (Pedro Montellano & Paul Arteel)

JAMHWP Brussels (Pedro Montellano) JAMHWP Wp5 Madrid (Pedro Montellano)

March Schizophrenia Workshop Osaka London (Paul Arteel)

Roamer closing session (Paul Arteel) Kinapse Forum Brussels (Paul Arteel)

EPA Conference Vienna (Pedro Montellano Hilikka Karkkainen)

EBC Brussels (Pedro Montellano) ADOCARE Rome (Pedro Montellano)

April Eupati Barcelona (Pedro Montellano)

May Mental Health in All Policies Helsinki (Paul Arteel Raluca Nica)

Fédération européenne des académies de médecine (FEAM) Paris (Pedro Montellano) Eupati Dublin (Pedro Montellano) European Patients' Forum (EPF) GA (Brussels)

Mental Health at Work round table Brussels (Paul Arteel)

June European Medicines Agency (EMA) PCWP meeting London (Paul Arteel)

European Federation of Pharmaceutical Industries and Associations (EFPIA) Think Tank Brussels (Paul Arteel) EBC Strategic Workshop Brussels (Paul Arteel)

IG Brain Mind and Pain Brussels (Paul Arteel) Patient Summit Lundbeck Copenhagen (Paul Arteel)

Governmental Expert Group Luxembourg (Pedro Montellano)

August ECNP Amsterdam (Pedro Montellano Paul Arteel Bert Aben)

September AEGAN workshop Basel (Paul Arteel)

Expert Platform on Depression Brussels (Pedro Montellano)

JAMHWP Wp5 Budapest (Pedro Montellano)

October Gasstein (Bert Aben & Christine Marking)

KINAPSI Athens (Paul Arteel)

Value of Treatment EBC Brussels (Paul Arteel)

EFPIA Summit (Yoram Cohen & Paul Arteel)

November Gouvernemental Expert Group Luxembourg (Yoram Cohen)

Launch Polish Brain Council Brussels (Paul Arteel)

Workshop on European Population Neuroscience Research Programme (Paul Arteel)

EMA PCWP London (Hilikka Karkkainen) EBC GA Brussels (Paul Arteel)

EPF Working Group Access to Healthcare (Jacinta Hastings)

December EFPIA Think Tank Brussels (Paul Arteel)

Closing Session of Year of the Brain Brussels EPPOSSI Board Meeting (Paul Arteel)

CORPORATE INFORMATION

The annual general assembly 2015 was held in Brussels on 19 September 2015

21 full members and 4 individual members attended, representing 18 European countries.

The following new members were accepted unanimously by the General Assembly:

1. ADISS (UK) full member
2. ADHD Europe associated member

The President gave an overview of GAMIAN-Europe's past and planned activities.

The President underlined the importance of holding the Annual general Assembly in Brussels. He stressed the need for representation at European level and to have a strong voice there as it is not enough to be represented at national level only: "We are all GAMIAN-Europe and we need to make it stronger."

He stated the need for all members to bring GAMIAN-Europe and its activities into their national meetings, and quoted President John F. Kennedy "Ask not what your country can do for you, but what you can do for your country" – this saying could be applied to GAMIAN-Europe as well.

He reminded "we all live difficult situations but we can give more to GAMIAN-Europe. GAMIAN-Europe is not the Board. It's all of us. If we don't have money we have to compensate with work and be creative. We have to be more engaged and find out how we can individually contribute, how to integrated GAMIAN-Europe

| | Result 2014 / 2015 |
|-----------------------------------|-----------------------------|
| Membership | 30.070,00 € |
| Grants | 190.448,20€ |
| Various | 11.253,69 € |
| Income | 231.771,89 € |
| Projects | 113.913,67 € |
| Purchase of Services | 113.356,91 |
| Administration | 2.499,04 € |
| Expenses | 216.769,62 € |
| Result (Correction previous year) | 15.002,27 € -15.462,60 € |
| Final Result | - 460,33 € |

FUNDING: CALENDAR YEAR 2015

Corporate members 2015
(4.900 €)

Pharma: Janssen, Lilly, Lundbeck, Shire, TEVA
Non Pharma: ECNP, EPA

Core Funding 2015 (incl. corporate membership)

Janssen: 40.000 €
GSK: 25.000 €
Lundbeck: 25.000 €

Project funding 2015

Takeda: 3.000 €
Teva: 35.000 €
ECNP: 2.500 €

Research funding (FP7)
50.248,20 €

The financial report and the budget were approved unanimously.

Special attention was given to the topic of the mental health of asylum seekers and the refugee crisis

John Bowis proposed to speak out about people with mental health issues in the community. Among these people are included also refugees and asylum seekers. As a result a press release was issued.

If GAMIAN-Europe has a purpose, it must be to speak out when it sees problems within the mental health community. If ever this was appropriate, it is in this current situation.

It was therefore decided that GAMIAN-Europe would put out a Call to the Member States of Europe, particularly on the Member States, but also the European Union

SUMMARY OF ACTIVITIES 2015

JANUARY

14 th LINF Copenhagen (Pedro Montellano & Paul Arteel)

FEBRUARY

06th EPPOSI HTA workshop Brussels (Paul Arteel)

17th Expert Platform on Depression Brussels (Pedro Montellano)

23rd EPPOSI Board Brussels (Paul Arteel)

24th IG Brain Mind and Pain Brussels (Pedro Montellano & Paul Arteel)

2th JAMHWP Brussels (Pedro Montellano)

26th JAMHWP Wp5 Madrid (Pedro Montellano)

MARCH

08/10th Schizophrenia Workshop Otsuka London (Paul Arteel)

12th ROAMER closing session (Paul Arteel)

20th KINAPSI Forum Brussels (Paul Arteel)

27th EPA Conference Vienna (Pedro Montellano Hilkka Karkainen)

02nd EBC Brussels (Pedro Montellano)

17th ADOCARE Rome (Pedro Montellano)

APRIL

2nd EUPATI Barcelona (Pedro Montellano)

MAY

11/12th Mental Health in All Policies Helsinki (Paul Arteel Raluca Nica)

12th FEAM Paris (Pedro Montellano)

18th EUPATI Dublin (Pedro Montellano)

19th EPF GA (Brussels)

19th Mental Health at Work roundtable Brussels (Paul Arteel)

May 2015 - World Mental Health Congress - Lille France by Yoram

JUNE

03rd EMA PCWP meeting London (Paul Arteel)

11th EFPIA Think Tank Brussels (Paul Arteel)

16th EBC Strategic Workshop Brussels (Paul Arteel)

24th IG Brain Mind and Pain Brussels (Paul Arteel)

25/26th Patient Summit Lundbeck Copenhagen (Paul Arteel)

28th Governmental Expert Group (Pedro Montellano)

AUGUST

29th ECNP Amsterdam (Pedro Montellano Paul Arteel Bert Aben)

31st MANIA64 roundtable Amsterdam (Paul Arteel)

SEPTEMBER

02nd AEGAN workshop Basel (Paul Arteel)

06th Expert Platform on Depression Brussels (Pedro Montellano)

2015 09 21 JAMHWP Wp5 Budapest (Pedro Montellano)

OCTOBER

01st Gastein Health Forum (Bert Aben Christine Marking)

12th KINAPSI Athens (Paul Arteel)

20th VOT EBC Brussels (Paul Arteel)

28th/29th EFPIA Summit (Yoram Cohen & Paul Arteel)

NOVEMBER

16th Governmental Expert Group (Yoram Cohen)

19th Launch Polish Brain Council Brussels (Paul Arteel)

20th Workshop on European Population Neuroscience Research Programme (Paul Arteel)

26th EMA PCWP London (Hilkka Karkainen)

26th EBC GA Brussels (Paul Arteel)

30th Workshop EPF Workshop Access to Healthcare (Jacinta Hastings)

Joint Action of Mental Health and Well-being - Luxembourg by Yoram

DECEMBER

08th EFPIA Think Tank Brussel (Paul Arteel)

09th Closing Session of Year of the Brain Brussels

09th EPPOSI Board Meeting (Paul Arteel)

**GAMIAN-Europe is supported by GSK, Janssen, Teva, Takeda, Shire and Lundbeck
Project Grants were offered by Teva and ECNP**

