



MENTAL HEALTH
KEEP TALKING ABOUT IT

Newsletter
GAMIAN-Europe

August 2017

ISSUE 2017 - 2

Dear reader,

It has already been 6 months ago that our previous newsletter, Issue 2017-1, was published. The involvement of GAMIAN-Europe in two new EU-Research projects, ImpleMentAll and Capice as well as the finishing activities for MasterMind and E-Compared, has asked for some extra efforts by the editorial Committee.

Now that things are running again at nominal speed, we can publish our newsletter on regular basis again. Our apologizes for this delay.

However, the delay of this 2nd newsletter in 2017 does not mean that our organization has decreased its activities. On the contrary, 2017 has been so far a busy year. You can find out what GAMIAN-Europe has been doing the past months in their role of advocacy in mental health issues.

Therefore, we hope that you will enjoy reading the newsletter and are convinced that we do whatever we can to continue our efforts to raise awareness of mental health and its impact, advocate for patients' rights and combat the stigma attached to mental health problems.

The editorial committee.

**Foreword by Hilikka Kärkkäinen
(President)**

Hopefully all of you have had a relaxing summer break and have gathered strength for new challenges!

The first half of 2017 has been full of events and meetings addressing mental health in Europe. GAMIAN-Europe has been well represented in many of these and is also increasingly taking part in discussions via the social media. In terms of GAMIAN-Europe's involvement with EU funded research projects it has been busy too: MasterMind came to an end and held its final conference in February. E-COMPARED also organised its final conference in June. MoodFOOD is still ongoing.

A new project, ImpleMentAll has started. This aims to work towards faster and more effective implementation of eHealth interventions. The CAPICE project ('Childhood and Adolescence Psychopathology: unravelling the complex etiology by a large Interdisciplinary Collaboration in Europe') is starting now.



In this issue

Foreword	1-2
Annual Convention & General Assembly 2017	2
(New) EU Research projects	3
Past and future activities	3-4
EU News	4-5
GAMIAN-Europe's News Flash	5

In addition, GAMIAN-Europe has been part of the EBC's Value of Treatment for Brain Disorders (VoT) project, which held its final conference in June.

In terms of meetings, together with EBC we co-hosted an Expert Workshop in July addressing transition of care in mental health services, which was attended by a number of high-level experts and chaired by our Board member John Bowis. There have been two joint meetings of Interest Group on Mental Health, Well-being and Brain Disorders with MEP Interest Group on Brain, Mind and Pain.



One was addressing 'Optimising the European Social Pillar' (March) and a second on the 'Value of Early Intervention in Brain, Mind and Pain Conditions' (July). We are now looking forward to our upcoming Annual Convention, which will take place between 22 and 24 September in Budapest. This year's Convention will address the 'Digital Capacity Building of Mental Health Organisations'. On that occasion, we will also hold a Patient Advisory Board meeting (taking a critical look at the patient side of the research projects that GAMIAN-Europe is involved in) and our annual General Assembly.

Hilkka Kärkkäinen

President

Digital Capacity Building of Mental Health Organisations' : Annual Convention

22-24 September 2017

Venue: Park Inn by Radisson Szekszárdi Budapest, Hungary



This year's Convention will focus on the 'Digital Capacity Building of Mental Health Organisations' and will include two workshops on digital capabilities and recommendations led by experts in digital communication and patient advocacy.

Participants are expected to arrive on 22 September. The convention will start on that date and will be continued on 23 September. The farewell dinner will be held on Saturday evening and departure will be on 24 September following a visit to the offices of the Awakening Foundation, a Hungarian member of GAMIAN-Europe.

You can see the draft programme and register by clicking [here](#). In case of participation, we encourage you to start booking your flight/train tickets as soon as possible so that costs can be as low as possible.

We hope you or one of your colleagues will be able to join us.

It is worth noting that travel expenses will be reimbursed only if you have paid the membership fee for 2016. and 2017.

If you have not yet paid, please do so at the latest by 20th of August 2017 by bank transfer to:

GAMIAN Europe :

ING Bank, Marnixlaan 24, 1050 BRUSSELS
IBAN: BE59 3900 4438 4326
BIC: BBRUBEBB

Please mention clearly the name of your organisation and address in the bank transfer and add the following text "GAMIAN Membership fee 2017"

If you need an invoice, please let us know by e-mail to secretariat@gamian.eu/ or to Nigel Olisa executive.director@gamian.eu and we will send you one.

If there are any changes in your contact data, please let us know by means of the form on our website at <http://gamian.eu/update-contact-details/>

GAMIAN-Europe's participation in (new) EU-Research projects.

The MasterMind and E-COMPARED projects, in which GAMIAN-Europe played an active role, have now come to an end. The project results were presented during the final conferences earlier this year in Barcelona and Bern respectively.

The MasterMind project had its final review by the EU Commission in May. All reports were approved and the consortium is now working on the last details, preparing for the formal closure of the project. For instance, before closure all reports are being updated with the latest numbers.

The project received positive feedback on the occasion of the review. It is especially worth mentioning that e-services have already been implemented and will continue at many of the different trial sites; we can therefore be proud of the impact that this project has already had.

The EU experts also were highly positive with respect to the participation of GAMIAN-Europe, as a direct representative of patients. Our presentation was focused on the voice of the patient: 'Nothing about us, without us'

Policy recommendations based on MasterMind results

Throughout its lifetime, the MasterMind project has provided an unprecedented wealth of information about

implementing eMental health in routine care for depressive disorder. Considering the impact of depressive disorders on EU citizens, there is an urgent need for smart policies and strategies that support the continued and further deployment of eMental health. Based on experiences and results of the project, the MasterMind consortium has composed a policy brief with focal points and policy recommendations for the further deployment of eMental health solutions. To read this brief, click [policy brief](#)

To spread the word about **the E-COMPARED project** and its results, a two day conference (15-16 June) was organized in Bern, Switzerland. On the first day the different research teams exchanged their first results (definitive results will be published by the end of 2017), on the second day patients, health care professionals and funders were invited to comment on the research findings.



Paul Arteel represented GAMIAN-Europe.

The European 3 year research project E-Compared started in 2014. The aim was to conduct comparative effectiveness research in routine specialized mental care settings on the (cost-) effectiveness of internet-based treatment for depression in comparison with standard care.

GAMIAN-Europe was involved in the project as a consortium member, to be the representative of patients (Patient Advisory Board).

At the conference, Paul emphasized on the importance of internet based treatment as a tool to ensure better access to treatment (combatting the geographical barrier, the financial barrier, the mental barrier/stigma).

Since the first results showed that internet based treatment, best in combination with traditional treatment does not result in a loss of quality of treatment, this project may be important and can be a good instrument to guarantee better access to treatment.

If you are interested in more details of this project, click [here](#).

New project: ImpleMentAll (IMA)

(Towards evidence-based tailored implementation strategies for eHealth)

ImpleMentAll is a European collaboration towards faster and more effective implementation of eHealth interventions. The project's raison d'être is founded on the notion that implementation of new services and technologies is time-consuming and costly – and often fails completely – not least in the healthcare domain. Solidly based in research, and in a collaboration spanning from all corners of Europe to Australia, the project will construct an answer to this widespread problem.

The project is built on experiences and results from former international projects (e.g. [Renewing Health](#), [E-COMPARED](#), and [MasterMind](#)) as well as a theoretical foundation mainly consisting of [NPT](#), [NoMAD](#), and [MAST](#). (For further explanations of these projects, click on their names.)

The objectives for ImpleMentAll are:

1. To develop a generic Integrated Theory-based Framework for Intervention Tailoring Strategies (the ItFits-toolkit) for data-driven tailored implementation of evidence-based eHealth services.
2. To demonstrate the impact of the ItFits toolkit on the implementation of eHealth for common mental disorders (iCBT) in 9 European countries (2 of which are Low and Middle Income Countries), and Australia.
3. To disseminate the validated toolkit in various healthcare contexts across Europe.

In the IMA project, GAMIAN-Europe will establish the connection with patients and patient organisations, promote user involvement and engage with policy makers. Christine Marking and Erik Van der Eycken will take care of the main tasks in the project. Nigel Olisa and Maria-Cecilia Angulo will provide administrative support.

If you want to know more about this project, click [here](#) to visit the website.

GAMIAN-Europe's past activities (Jan- July 2017)

GAMIAN-EUROPE PAN EUROPEAN QUESTIONNAIRE ON SEXUAL HEALTH AND MENTAL WELL-BEING

At the start of 2017, GAMIAN-Europe launched a survey with respect to sexual health and mental well-being by means of a questionnaire (available in 13 European languages).



The deadline for participation in the survey has now past and the results are currently being analysed. It is planned to present the outcome at our Annual Convention in Budapest.

GAMIAN-Europe signed the 'Joint-statement on mental health for the EU Health Policy Platform.'

The European Framework for Action on Mental Health and Well-being has brought together the lessons learned during the EU Joint Action on Mental Health and provides a roadmap for improving and promoting mental health across the EU. Some 20 mental health related organisations have recently developed a statement (led by EUFAMI and Mental Health Europe) in relation to this framework, calling for a concerted effort to implement this framework. This broad coalition of organisations wish to support the improvement of mental health through European policies with a specific focus on four areas:

1. Ensure parity of esteem, the principle by which mental health must be given equal priority to physical health
2. Take a life-course approach to mental health
3. Pay stronger attention to mental health in the workplace
4. Improve mental health treatment in primary care settings

If you like to read more info, click [here](#)

This statement is very much in line with the draft EU Action Plan on mental health which was developed by GAMIAN-Europe last year, which advocates more concrete implementation of the Framework by means of national action plans on mental health. This can be found on the GAMIAN-Europe website.

GAMIAN-Europe at the EPA FORUM 'TOGETHER FOR MENTAL HEALTH: CHALLENGES AND OPPORTUNITIES'

On April, 1st, the European Psychiatric Association (EPA) organized a **Forum on Mental Health Challenges and Opportunities** as part of its 2017 Congress of Psychiatry that took place in Florence, Italy.



GAMIAN-Europe President **Hilikka Kärkkäinen** represented delivered a speech on the topic: **'Identifying and bridging the gaps in the organization of mental health services across Europe'**. Hilikka also contributed to the discussion by providing the point of view of patients and users. [More info](#)

Support to the joint statement to invest in mental health research and a European Implementation Partnership on Mental Health and Wellbeing

Mental illness leads to huge personal and economic costs for European individuals, communities and economies. The European Commission, EU Member States, WHO and OECD recognise the need to address this negative impact of mental illness. A "Mental Health in all Policies" approach is required in order to ensure social inclusion and financial sustainability. However, the lack of parity of esteem and disparity of funding between mental and physical health has been a huge barrier. Mental health research and the implementation of research outcomes are disproportionately underfunded. GAMIAN-Europe supports this statement. The full text of the document can be read [here](#).

EU News

by **Christine Marking**
(GAMIAN-Europe EU Liaison)



Optimising the European Social Pillar to #MakeWorkWork for those affected by Brain, Mind and Pain Condition

*8 March 2017,
Joint Meeting of the MEP Interest Group on Brain, Mind and Pain and the European Parliament Interest Group on Mental Health, Well-being and Brain Disorders.*

On the 8th of March GAMIAN-Europe, together with The [European Federation of Neurological Associations](#) (EFNA) and the Pain Alliance Europe, organised a joint Interest Group Meeting on **Optimising the European Social Pillar to #MakeWorkWork**.

The meeting was chaired by GAMIAN-Europe board member Dolores Gauci and had the participation of Marian Harkin (MEP), Nessa Childers (MEP) and Raquel Herrera, from DG Employment, Social Affairs & Inclusion (European Commission)

Donna Walsh, Executive Director of EFNA also contributed to the roundtable discussion together with Katie Gallagher from the European Patient Forum and Andreea Antonovici from the [European Multiple Sclerosis Platform](#) (EMSP)

To access the full report please click [HERE](#)

12 July 2017

Interest group meeting : The Value of Early Intervention in Brain, Mind and Pain Conditions.

This joint meeting, organised by EFNA, Pain Alliance Europe, GAMIAN-Europe and EBC took place on 12 July. It consisted of two sessions:

The first explored the value of early intervention by means of case studies relating to four disorders (schizophrenia, restless leg syndrome, MS and stroke (chaired by GAMIAN-Europe advisor Paul Arteel).

The second explored possible next steps in the EBC's Value of Treatment project, focusing on ataxia, chronic pain and ME. The Commission was represented by Stéphane Hogan (DG research).

MEPs Michael Boni, Marek Plura, Jana Žitňanská and Nessa Childers actively participated during the debates.

A full report will be available on our website soon.

GAMIAN-Europe's News Flash



- ✓ GAMIAN-Europe member and patient Bert Aben spoke about mental illness and how living with it has affected his life. You can watch this interview [here](#).
- ✓ GAMIAN-Europe's president, Hilka Kärkkäinen, spoke about her own depression and encourages all to reach out. Click [here](#).
- ✓ Over recent months, Maria Cecilia Angulo assists GAMIAN-Europe in the area of communication, more specifically the social media and website management. Her tasks are related to GAMIAN-Europe's general communication activities as well as our responsibilities in the EU research projects.

✓



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“Mental health should be as important as physical health. It should be a priority for governments, stakeholders, families and for the society as a whole”



Hilka Kärkkäinen,
President of GAMIAN-Europe



#MentalHealthAwarenessWeek2017