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

Address: Rue du Trône 60 - 1050 Brussels, Belgium
Email: info@gamian.eu
Website: www.gamian.eu
Twitter: @GamianE

Ours 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 Convention
The 2016 Annual Convention will take place in Vienna from 15-18 September and will address mental health and asylum seekers (in line with one of our advocacy priorities)

The 2017 Annual Convention will focus on 'Effectively addressing schizophrenia 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 schizophrenia.

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 booklet
- 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).

Surveys: Questionnaires
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)

OTHER ACTIVITIES

Patient involvement in Research (FP7 and Horizon 2020)

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-Cooparative 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.

- **EUDISTRIBUTES** 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.

- **TriparTrain**: 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 Inter-disciplinary Collaboration in Europe

- **IMI project – RADAR** – use smart phones and other devices to identify biosignatures.

- **EPICS** Early Pharmacological Intervention in Chronic High Risk for Schizophrenia Subjects.

### Annual Awards

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

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

These awards are accompanied by a festive dinner.

### LIST OF ACTIVITIES

- Report on the questionnaire on inclusion and mental health
- Develop and implement a questionnaire on Sexual health and mental health
- Interest Group meetings:
  - **JANUARY** Joint meeting with the Interest Group on Carers, addressing caring for people with mental health problems
  - **MAY** Mental health and asylum seekers
  - **JULY** Joint meeting with the European Brain Council, addressing action on mental health at EU and national levels
  - **NOVEMBER** Joint meeting with the Expert Platform on Mental Health – focus on depression, addressing suicide.
- Regional Seminar (March 2016 - Prague)
- Annual Convention (September 2016 - Vienna)
- Schizophrenia Companion Guide (booklet)
- Questionnaires
- Cyber bullying and bullying at schools
- Mental health at the workplace
- Survey on schizophrenia

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

### LONG-TERM ACTIVITIES

#### 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)

#### Information

- Production of Information booklets - kindle books (bipolar companion guide) on depression, anxiety disorder, ADHD.
- Develop Information 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
Board Composition

In 2015 the Board members were:

Board of Directors
President: Pedro Montellano † (Portugal),
Vice-President/Acting president: Yoram Cohen (Israel)
Immediate 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

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.
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.

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
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 EU-FAMI 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.

**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

**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 created by the in 2010. The first edition was presented at GAMIAN-Europe's Annual Convention in 2011.

Every year, all GAMIAN-Europe members are be 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.

The 2015 Good Practice award went to the association Al Ze (‘On I’) 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 Sheba (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 Sheba 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.

**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.

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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 – telehealth 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
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 & Hilkka Karkainen)

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)
JAMHWB Brussels (Pedro Montellano) JAMHWB 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 Hilkka Karkainen) 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) JAMHWB 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)


December EFPIA Think Tank Brussel (Paul Arteel) Closing Session of the Year of the Brain Brussels EPPOSSI Board Meeting (Paul Arteel)
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

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
ACTIVITIES 2015

JANUARY
14th LINF Copenhagen (Pedro Montellano & Paul Arteel)

FEVERARY
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 JAMHWB Brussels (Pedro Montellano)
26th JAMHWB 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 JAMHWB 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
INTEREST GROUP ON MENTAL HEALTH, WELL-BEING AND BRAIN DISORDERS

UPDATE ON ACTIVITIES AND NEXT STEPS
AIMS OF THE INTEREST GROUP

To advocate the development of sound EU policies which contribute to prevention of mental health problems and ensure good services, care and empowerment for those affected by mental health problems.

WORKING METHODS

3-4 meetings a year, based on annual workplan and ad-hoc proposals

Workplan proposed and implemented by GE, agreed by co-chairs

Involving other stakeholders: EUFAMI, EBC, Expert Platform on Depression Platform, Oxford Pharmagenesis, sponsoring companies…

THE CO-CHAIRS:

Marian Harkin (IRL- ALDE)
Jean Lambert (Greens – UK)
Nessa Childers (IRL – S&D)
Cristian Silviu Busoi (RU – PPE)

MEETINGS HELD DURING THE CURRENT PARLIAMENTARY TERM

19 November
MENTAL HEALTH AND SOCIETAL INTEGRATION – WORK AND COMMUNITY

PREVIOUS INTEREST GROUPS

2014

Presentation of Mental Health Index and GE surveys
Paul Kielstra, Economist Intelligence Unit
Dr Slawomir Murawiec, Inst of Psychiatry (PL)
Prof Peter Huxley, Bangor University (UK)
20 January

SOUND MENTAL HEALTH POLICY DEVELOPMENT – THE NEED FOR FOCUSED RESEARCH (with a focus on ROAMER)

Josep Haro, Roamer
Barbara Kerstiens, DG Research
Dr David McDaid, LSE

2 June

MEETING THE NEED FOR IMPROVED TREATMENT OF BRAIN DISORDERS

Rebecca Müller, Ups and Downs (B)
Prof Hans-Jürgen Möller – University of Munich (D)
Dr David Nutt - EBC President
Paul Arteel, GAMIAN-Europe
Dr Marc Hermans, UEMS

14 October

TACKLING THE STIGMA OF BRAIN, MIND AND PAIN DISORDERS

Joint meeting with the Interest Group on the Brain, Mind and Pain
Prof Matilde Leonardi, Besta Neurology Institute (I)
Joop van Griensven, Pain Alliance
Michael Hübel, DG-Santé

12 January

PROVIDING CARE TO PEOPLE WITH MENTAL HEALTH PROBLEMS

Discussion of EUFAMI survey ‘Caring4Carers’
Chantal van Audenhoven, Leuven University
Juergen Scheftlein, DG Santé

20 January
4 May
MENTAL HEALTH AND THE MIGRANTS’ CRISIS

Launch of a Written Declaration by T Zdechovsky MEP (advocated and prepared by GAMIAN-Europe, incl. finding co-signatories)

Angelika Kiewel, German Chamber Psychotherapists
Isabel de la Mata, DG-Santé

IN THE PIPELINE:

• Meeting co-organised with EBC on joint EU and national level action on MH: 13 July 2016
• Meeting co-organised with Expert Platform on Mental health – Focus on Depression on suicide November 2016
• Meeting co-organised with European Psychiatry Association
• Meeting co-organised with IG Brain, Mind and Pain
• Meeting organised with EBC (workplace mh)

AND FINALLY...

• Plan to raise awareness of the Interest Group in the EP (find more support)

• Efforts to strengthen mental health dimension in EP reports (e.g. very successful with 2015 report on Health and Safety in the Workplace)

• Plan to table Written Questions, e.g. on Joint Action on Mental Health follow up

INCOMING INTEREST GROUPS
OTHER EU OUTREACH ACTIVITIES

• Development of framework for EU Action Plan on Mental Health (main current advocacy focus)

• Preparation of extensive report on work of the IGMH for Commissioner Andriukaitis

• Building links with the new EU staff on mental health (Herta Adam, Stefan Schreck) e.g. by sending ‘welcome letters’ introducing GE

• Press release on migrants’ crisis

• Press release on the occasion of WMHD

IG MH AND TRANSPARENCY

Pharma funding remains sensitive issue for MEPs
IG MH meetings cannot be financed directly by pharma companies
GAMIAN-Europe strives for full transparency

➔ Supporting companies can be involved with topics/content/speakers but financial contribution should be considered as core funding, supporting GAMIAN-Europe’s core activities, of which the Interest Group is one
ENSURING IMPLEMENTATION OF THE JOINT ACTION ON MENTAL HEALTH AND WELL-BEING:

PROPOSAL FOR AN EU-LEVEL ACTION PLAN

**INTRODUCTION**

This document contains the rationale and draft framework for a future EU level Action programme on Mental Health and Well-being. It was developed by GAMIAN-Europe to ensure that the recommendations that have been developed as part of the recently finished Joint Action on Mental Health and Well-being will be implemented and put to concrete use. It outlines why there is a need for such an Action Plan and makes the case for the added value of an ambitious EU-level initiative in this area, building on the valuable work that has already been done in this area.

**SOME FACTS ON MENTAL HEALTH IN THE EU**

<table>
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<th>Depression is the most prevalent health problem in many EU-Member States, with suicide remaining a major cause of death: in the EU, there are about 58,000 suicides per year (75% are committed by men). Nine of the ten countries with the highest rates of suicide in the world are in the European Union.</th>
<th>In European countries, at least 30% of people with severe mental disorders do not have access to mental health care, and the majority of the populations don’t benefit from the interventions that have proved to be effective in prevention and promotion.</th>
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<td>Mental disorders are highly prevalent and increasing in the EU: 50 million citizens - about 11% of the population - are estimated to experience mental disorders.</td>
<td>In many or most cases mental ill health can be prevented, cured, treated and managed. A more widespread understanding of this fact might help to combat stigma.</td>
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<td>Stigma, prejudice and discrimination unfortunately are widespread and have an impact on those affected seeking or receiving help and support.</td>
<td>Only 50% of those affected by depression receive treatment.</td>
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<td>According to estimations of WHO mental health problems affect every fourth citizen at least once during their life. Neuropsychiatric disorders are the second leading cause of disability-adjusted life years (DALYs) in the WHO European Region, accounting for 19.5% of all DALYs.</td>
<td>There is a link between mental health problems and losses of productive human capital: the surveys revealed that there are substantial costs associated with mental disorders, such as higher presenteeism and absenteeism or significantly reduced earnings among those with a mental disorders, which also are the leading cause for people receiving work disability benefits.</td>
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<td>Mental disorders cause immense suffering for individuals, families and communities. They put pressure on health, educational, economic, labour market and social welfare systems across the EU.</td>
<td>On a more positive note, there is increasing data proving that positive mental health and well-being is a key factor for social cohesion, economic progress and sustainable development in the EU – so the need to prevent mental illness and promote mental health is increasingly recognised by policy makers.</td>
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EU-LEVEL ACTION PLAN ON MENTAL HEALTH: RATIONALE

Given the facts and figures outlined above, it is clear that there is an urgent need for action to address and ensure mental health and well-being. Member States are all facing the same issues in relation to tackling mental ill-health, both with respect to prevention and mental health promotion as well as the development and implementation of effective and sustainable care provision models. For instance, the current trend towards community health care requires clear strategies and policies to ensure quality of and access to care. Many countries are struggling with this development and Member States can (continue to) benefit from cooperation, mutual learning and the exchange of good (and bad) practice.

EUROPEAN ACTION TO DATE

Over recent years the Commission has already taken various steps to ensure a place for mental health on the political agenda:

The 2004 Commission Green Paper ‘Improving the mental health of the population: Towards a strategy on mental health for the European Union’, which makes the case for the added value of an EU-level mental health strategy by:

- Creating a framework for exchange and cooperation between Member States;
- Helping to increase the coherence of actions in different policy sectors;
- To open up a platform for involving stakeholders including patient and civil society organisations into building solutions.

In this Green Paper, the Commission proposes for an EU-strategy to focus on promoting the mental health of all, addressing mental ill health through preventive action, improving the quality of life of people with mental ill health or disability through social inclusion and the protection of their rights and dignity and developing a mental health information, research and knowledge system for the EU.

At that time, the idea of a concrete strategy did not meet with sufficient support from the Member States so instead, the Commission came forward with:

The 2008 EUROPEAN PACT FOR MENTAL HEALTH AND WELL-BEING, which concentrated on 5 themes, i.e. prevention of depression and suicide, mental health in older people, mental health in youth and education, mental health in workplace settings and stigma and social inclusion. A number of high level conferences took place, leading to:

The 2011 COUNCIL CONCLUSIONS ON ‘THE EUROPEAN PACT FOR MENTAL HEALTH AND WELL-BEING: RESULTS AND FUTURE ACTION’, which recognised mental well-being as an essential constituent of health and quality of life, and a prerequisite for the ability to learn, work and contribute to social life. The Conclusions invited Member States to make mental health and well-being a priority of their health policies and to develop strategies and/or action plans on mental health including depression and suicide prevention. The Council also invited Member States and the Commission to put in place the 2013 JOINT ACTION ON MENTAL HEALTH AND WELL-BEING, building on the findings of the Pact, aiming at building a framework for action in mental health policy at U level, which should contribute to the promotion of mental health and well-being, the prevention of mental disorders and the improvement of care and social inclusion of people with mental disorders in Europe. The five areas addressed were:

- Promotion of mental health at the workplaces
- Promotion of mental health in schools
- Promoting action against depression and suicide and implementation of e-health approaches;
- Developing community-based and socially inclusive mental health care for people with severe mental disorders
- Promoting the integration of mental health in all policies.
OTHER RELEVANT ACTIONS


The 2013 WHO European Action Plan on mental health, focusing on well-being, rights and services, linked to seven main objectives, such as equal opportunity for people to realize mental wellbeing throughout life, rights of people with mental health problems, accessible mental health services and the right to respectful, safe and effective treatment.

The European Parliament runs an active Interest Group on Mental health and well-being; action is taken to ensure relevant references to mental health in EU proposals, such as the recent Directive on Health and Safety in the Workplace.

FUTURE EU-LEVEL PLANS:

In order to provide a follow-up to the Joint Action, the Commission has announced the ‘stronger involvement’ of the EU-Compass for Action on Mental Health and Well-being. This is a mechanism to collect, exchange and analyse information on policy and stakeholder activities in mental health. This will disseminate the ‘European Framework for Action on Mental Health and Well-being’ as developed by the Joint Action and it will monitor mental health and wellbeing policies and activities by Member States and non-governmental stakeholders. It will:

- Identify and disseminate European good practices in mental health;
- Collect data on stakeholders’ and Member States activities through three annual surveys;
- Organise three annual reports and forum events;
- Hold national mental health workshops in each Member State and Iceland and Norway.

The EU Compass will also support the work of the EU-Group of Governmental Experts on Mental Health and Well-being through the preparation of four scientific papers.

The need for a more concrete and ambitious approach

While GAMIAN-Europe warmly welcomes the planned work of the Compass, some critical questions remain as to how the Compass will effectuate practical change and good policy and practice development. Concrete policies and strategies now need to be put in place, and while useful, it is doubtful that the work of the Compass will be able to stimulate and ensure this. The actions foreseen seem rather ‘theoretical’: while reporting and developing scientific papers are useful activities as such, the work carries out so far merits to be taken to a slightly more ambitious level.

It is not clear how countries will actually be engaged in this monitoring and reporting process. The role, composition and remit of the EU-Group of Governmental Experts on Mental Health is also unclear. How will the priority topics of the events and scientific papers be determined? Who will be involved with that process? What is the ultimate aim of the exchange of good practice and how can sound and robust policy and practice be distilled from this process?

GAMIAN-Europe believes that, through the various actions already that have already taken place, the foundations have been laid for more ambitious and structured actions, which will actually engage the relevant policy makers as well as other stakeholders (e.g. patients). There are EU level precedents for more ambitious actions in specific health areas, for instance in fields of cancer and rare diseases, where the Commission has put a great effort into ensuring concrete national action plans. These plans are developed with the input from all relevant stakeholders, who are also involved with their implementation.
A more ambitious approach would also be in line with the expected outcomes of the Joint Action, which aimed to ‘build capacity of national mental health leaders and other stakeholders in mental health policy development and the creation of mechanisms supporting a structured collaboration between key actors in the implementation of mental health policies in Europe’.

**AREAS FOR ACTION: BUILDING ON THE JOINT ACTION ON MENTAL HEALTH AND WELL-BEING**

Much is now known about what works in mental health promotion, prevention, care and treatment of mental disorders. The challenge is how to implement this knowledge and concrete national action plans can stimulate progress and change. As the impact of mental health problems can be felt in many different areas and at different times of life and work, a comprehensive EU level action plan should be multi-dimensional and longitudinal. The areas which were addressed by the Joint Action remain highly relevant and recommendations for action have already been developed as part of this initiative.

Some of the actions listed below are already part of the future work of the Compass. But others can add extra value to what has already been done to ensure that the efforts made to date are not lost.

**Inclusion of mental health as a priority in health and social policy development: mainstreaming**

The Joint Action specifically refers to the need to explicitly include mental health in all areas that have a direct or indirect bearing on mental health. To make this more concrete, GAMIAN-Europe proposes a number of current and future EU-level programmes and policy priorities which could (and should) have a mental health focus such as, such as:

- **The Health Programme**
  - Joint Action CHRODIS
  - The European Social Fund
  - The disability strategy
  - The social Open Method of Coordination (accessible, high quality and sustainable health and long term care systems)
  - Horizon 2020 (research)
  - The European Semester Process
  - Actions on Corporate Social Responsibility
  - Health and safety in the work place
  - The Employment Strategy
  - Actions in the field of long term care

GE would welcome an opportunity to discuss, engage and elaborate on how the mental health dimension could be strengthened in each of these initiatives.

**Awareness-raising and good practice exchange: mutual learning and exchange**

The EU action programme could ensure and coordinate an effective exchange of information, experience and good practice between relevant stakeholders and Member States in relation to the 5 work streams already identified by the Joint Action. In this context it is important to highlight the crucial role of employers to implement good mental health at work policies, promoting good mental health and having flexible policies for those with mental health problems and for carers seeking to be both good employees and good family carers.

Another option to raise awareness would be to consider designating one of the coming years as the European Year of Mental Health and Well-being.

**Stimulate the development of national action plans on mental health and well-being**

As already referred to in the 2011 Council Conclusions, national action plans on mental health could be put in place, taking the 5 themes of the Joint Action as their basic work streams, and using the existing national actions plans on cancer and rare diseases as models: these plans should be established to explore appropriate measures for mental health in order to ensure that patients with mental health problems have access to high-quality care*, including diagnostics, treatments and rehabilitation.
They should aim to guide and structure relevant actions in the field of rare diseases within the framework of national health and social systems and integrate current and future initiatives at local, regional and national levels into their plans or strategies for a comprehensive approach, using the recommendations developed by the Joint Action as guidelines. National plans can also be useful for mutual learning and exchange: they are an ‘effective tool for the communication of the decisions and the plans identified and chosen by a Member State and the evidence supporting and influencing them in a transparent fashion both to public within the Member State and also with and between other members of the European Union’.

The EU Expert group of Governmental Experts on Mental Health could act as a coordinating mechanism for a structured and effective exchange and mutual learning.

**Financial support**

A number of the above initiatives hold the potential for funding (e.g. the health programme, the structural funds, Horizon2020). This funding could contribute to capacity building of mental health organisations in relation to provision of support (e.g. emotional support, exchanges, information) and advocacy (e.g. policy development, practical solutions). It could also support the exchange of information, research and networking.

**Data collection and monitoring**

The Horizon2020 programme could issue specific calls for research projects addressing mental health in future calls for proposals under the action ‘Tackling Societal Changes’, section ‘Health, demographic change and well-being’. The EU-funded ROAMER project has developed a sensible and inclusive roadmap for research in this area, which could provide guidance on priority setting and the most pressing issues.

**Inclusion of people affected by mental health problems in relevant EU consultations, fora and Advisory boards**

Any strategy of policy addressing mental health should be developed as a joint efforts by all key stakeholders from societal and policy sectors concerned; government agencies, departments and Directorates General should work together as involvement by health, social services, housing, employment, education and training sectors is crucial in holistic care. Representative organisations active in the field of mental health should explicitly be included in social and health consultations as well as in relevant fora and advisory boards (for instance the EU-Expert Group on Mental Health) as a relevant stakeholders. This could help assess proposed policies and initiatives for their impact on people affected by mental health issues (and their carers). GAMIAN Europe welcomes the growing recognition of the fact that people who have experienced mental Health problems have valuable expertise and need to play an active role in planning and implementing actions.

**Conclusions**

It has already been recognised that ‘complementary action and a combined effort at EU-level can help Member States tackle these challenges by promoting good mental health and well-being in the population, strengthening preventive action and self-help, and providing support to people who experience mental health problems and their families'. This recognition is based on the existing evidence on the magnitude of mental health problems in European countries. The Joint Action has laid the foundations for a more sustained and structured effort at EU and national levels. The momentum of the Joint Action should now be put to use as a useful starting point for a more ambitious effort to ensure sound policy development, with the ultimate aim to improve the quality of life of those affected by mental health problems.

*The four cornerstones of treatment should be borne in mind i.e. medication, psychotherapy and counselling, psycho-education and self-help initiatives.

** Stated by the Commission in relation to the national action plans on cancer