



GAMIAN-Europe Annual Activity Report 2017





GAMIAN-Europe

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Foreword By President Hilikka Kärkkäinen

Dear Readers,

For GAMIAN-Europe the year 2017 will be remembered as the year of strengthening our partnerships and building new ones. We have worked together with our membership, with the European Commission and European Parliament, with carers' and health professionals' organisations, with academia and industry and with many other relevant stakeholders. This demonstrates the increasing recognition and value of GAMIAN-Europe, as the organisation representing the interests of mental health patients at European level.

Meetings of the Interest Group on Mental Health, Well-being and Brain Disorders gained considerable interest and participation, and have continued to contribute to the visibility of GAMIAN-Europe. Three meetings were organised, in collaboration with the European Brain Council (EBC) and the European Federation of Neurological Associations (EFNA).

In June, together with 38 other organisations, GAMIAN-Europe signed a letter addressed to Jean-Claude Juncker, President of the European Commission, calling to enhance EU action in the field of health.

Also in June, GAMIAN-Europe supported a joint statement to invest in EU-level mental health research and a European Implementation Partnership on Mental Health and Wellbeing.

In November GAMIAN Europe and CMAST announced a collaborative partnership aiming to promote innovative healthcare solutions.



GAMIAN-Europe was also very active year in Eu-funded research projects: MasterMind came to an end and held the final conference in February. E-COMPARED held its final conference in June. The work on MoodFOOD has continued and ImpleMentAll has started; this aims to investigate and stimulate ways to put in place 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) has also started in 2017.

The annual Convention in Budapest, hosted by the Awakenings Foundation was a successful event, allowing members to be informed about building their digital capacity. As always; it was an important moment to bring together our membership and take advantage of the empowerment that comes from sharing views, ideas and experiences.

I would like to thank our Members and Sponsors for their continued support and contribution to GAMIAN-Europe and its activities. Thank you also to Instinctif Partners for their collaboration and support, providing our secretariat. Many thanks also to the Board, staff, consultants and members for their support throughout the whole year.

GAMIAN-Europe will continue to advocate patients' rights and their needs. Considering the work that has been done, we have a good reason to look to the future with confidence.

Board Composition

In 2017 the Board members were:

Board of Directors

President: Hilikka Karkainen (Finland)

Vice-president: Raluca Nica (Romania)

Immediate Past President: Yoram Cohen (Israel)

Treasurer: Jacinta Hasting (Ireland)

Secretary General: Aikaterini Nomidou (Greece)

Communication Officer: Dolores Gauci (Malta)

Members:

Bert Aben (Netherlands)

John Bowis (United Kingdom)

Jacinta Hastings (Ireland)

Robert Kristof (Hungary)

Daniel Cernik (Czech Republic)

Matt Muijen (The Netherlands)

Staff:

Nigel Olisa, Executive Director

Christine Marking, EU Liaison Officer

Erik Vander Eycken, EU Research Project Officer

Meetings of the Interest Group on Mental Health, Well-being and Brain Disorders during 2017



Optimising the European Social Pillar to #Makeworkwork for those affected by Brain, Mind and Pain Conditions – 8 March

GAMIAN-Europe together with the European Federation of Neurological Associations (EFNA) organised an Interest Group Meeting at the European Parliament on Optimising the European Social Pillar to #MakeWorkWork.

The objective of the meeting was to launch a Call to Action which is based on a Written Declaration on Access to Employment for those affected by neurological disorders and chronic pain conditions. Some 180 signatures were gathered, and the work will continue as the Written Declaration became a Call to Action.

Raquel Cortés Herrera, European Commission, DG Employment, Social Affairs & Inclusion, presented the rationale and content of the European Pillar of Social Rights. As the Pillar was in the process of being adopted, it was not possible to prejudge the final content and format, but Raquel Cortés underlined the Commission's commitment to social policy

The meeting was chaired by GAMIAN-Europe board member Dolores Gauci. MEPs Marian Harkin and Nesa Childers, Raquel Herrera (European Commission) actively participated in the debate. Donna Walsh, Executive Director of EFNA, also contributed to the round table discussion together with Katie Gallagher from the European Patient Forum (EPF) and Andreea Antonovici from the European Multiple Sclerosis Platform (EMSP).



Meetings of the Interest Group

on Mental Health, Well-being and Brain Disorders during 2017



The Value of Early Intervention in Brain, Mind and Pain Conditions

12 July

The Meeting of the MEP Interest Group on Mental Health, Well-being and Brain Disorders, and the Interest Group on Brain, Mind and Pain took place in partnership with the European Brain Council.

The meeting was divided in two sessions. The first session was dedicated to showcase the conclusions and recommendations from the European Brain Council's Value of Treatment research project and White Paper. It explored the value of early intervention, using case-studies in four disorders – presented from various stakeholder perspectives – and discussed how the EU can support the solutions identified.

The second session looked into the next steps towards the value proposition. The presentation from Ann Little, the President of the European Federation of Neurological Associations, and the following panel discussion explored possible next steps in the Value of Treatment project. The special focus was placed on the application of the developed methodology to other disease areas e.g. rare diseases or chronic pain, as well as a future focus on interventions such as rehabilitation.

Among other speakers, the participants also had the opportunity to hear from MEPs Jana Zitnanska, Michal Boni and Marek Plura, as well as Stéphane Hogan from the European Commission (DG RTD).



Meetings of the Interest Group

on Mental Health, Well-being and Brain Disorders during 2017

Bridging the Gap: Optimising Transition from Child to Adult Mental Healthcare – 21 November



At a meeting in the European Parliament GAMIAN-Europe and the European Brain Council launched an Expert Policy Paper titled 'Bridging the Gap: Optimising transition from child to adult mental healthcare'. The policy paper suggests simple measures that aim to ensure young adults, who may require continued care, receive the support they need.

The meeting focused on transition of care, which relates to planning, preparing and moving persons affected by mental health problems from child to adult mental health services. The objectives of the meeting were threefold: to highlight the crucial im-

portance of continuity of care when moving from child/adolescent to adult services; focus on appropriate and effective patient pathway to ensure a smooth transition, taking ADHD as an example; and explore EU actions to ensure policy attention for this topic.

The meeting was hosted by MEP Tomas Zdechovsky who underlined the relevance of the transition of care as it is about access to mental healthcare and services, it is also about continuity of care and it is about avoiding that young people fall by the wayside and get left behind. He congratulated EBC and GAMIAN-Europe with the Expert Policy Paper and further efforts to improve the lives of patients.

Full Reports are available on GAMIAN-Europe [website](#).



GAMIAN-Europe 2017 ANNUAL CONVENTION and 2017 Awards



Over 40 representatives from patient organisations, GAMIAN-Europe board members and other stakeholders travelled across Europe to the GAMIAN-Europe Annual Convention in Budapest, hosted by Awakenings Foundation on 22-24 September. During workshops and keynote speeches, the participants discussed and shared learnings and opinions on 'Digital Capacity Building of Mental Health Organisations'. Aikaterina Nomidou, Secretary General of GAMIAN-Europe, presented the results from the survey on GAMIAN-Europe members' digital capabilities.

Patient organisations, currently focusing mostly on websites, newsletters and Facebook, are struggling to take their digital communication to the next level, hindered by a lack of human and financial resources. Clear recommendations were formulated to allow the members to improve their digital capacity. The attendees were divided into three groups, where each focused on a different aspect of digital capabilities in the workshop session.

Awards ceremony

The Pedro Montellano Good Practice Award was awarded to Welsh organisation Hafal for the Gellinudd Recovery Centre project. The aim of the project is to facilitate recovery for the guests using a holistic, whole-person approach. Each guest determines their recovery goals in comprehensive care and treatment plans, which cover multiple life areas such as treatment, work, caring relations, finance, social and many more.

Helen Bennett (Hafal) receiving the Pedro Montellano Good Practice Award from Raluca Nica (GAMIAN-Europe).



GAMIAN-Europe 2017 ANNUAL CONVENTION and 2017 Awards



European Personality Award

The European Personality Award was awarded to Dr. Roberto Mezzina for his work creating a network of alternative community services in Trieste, Italy. By including user involvement at every step and deinstitutionalising the healthcare services, patients are supported in their daily lives towards a total recovery and social inclusion.

GAMIAN-Europe & CMAST establish a collaborative partnership

In October 2017, GAMIAN-Europe & CMAST announced collaborative partnership working towards innovative healthcare solutions. The partnership will focus on helping GAMIAN-Europe translate its potential into tangible outputs and projects through assistance in writing applications for grants, designing consortium and project management. As part of the partnership, CMAST was represented at the GAMIAN-Europe Annual Convention, held in Budapest in September 2017. The purpose of the meeting was to define ways to improve the digital capacity of mental health organizations.



Patient Advisory Board

During the Patient Advisory meeting, GAMIAN-Europe members discussed the organisation's involvement in European research projects. The presentations of Mastermind and E-compared projects were followed by a constructive discussion on how the activities and research findings can be further disseminated to the public.

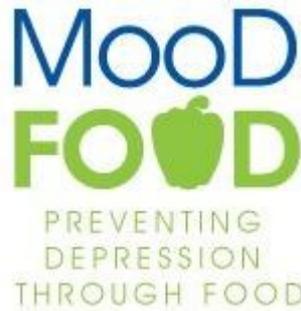
GAMIAN-Europe's Involvement with EU Research



European collaboration towards faster and more effective implementation of eHealth interventions

During the first year, three deliverables have been published: implementation plans, stakeholder analysis and advisory board plan, and the communication plan.

3rd Consortium Meeting: Breaking down the barriers between theory and practice took place in December 2017.



Multi-country collaborative project on the role of diet, food-related behaviour, and obesity in the prevention of depression

In 2017, the project was presented at the IUNS symposium in Buenos Aires, the 21st International Congress of Nutrition.

The project was presented at the first International Society of Nutritional Psychiatry Research in the summer. The meeting addressed the broad spectrum of research from the subcellular to translation and implementation science and responded to multi-disciplinary interests.



Childhood and Adolescence Psychopathology: unravelling the complex etiology by a large interdisciplinary collaboration in Europe

The project started in 2017, GAMIAN-Europe supports CAPICE in dissemination activities and communication of information to patients

Learn more about the projects we are involved in [on our website](#).



Representation and Active Involvement in:

Final conference of the MasterMind Project

Held in Barcelona (8 February) and attended by Erik Van Der Eycken, our EU project assistant.

European Brain Council Board

Organised by the European Brain Council (9 February) and attended by Hilikka Kärkkäinen, our president.

Meeting on Suicide Task Force

Organised by the European Brain Council (9 February) and attended by Hilikka Kärkkäinen, our president.

Joint meeting of the MEP Interest Group on Brain, Mind and Pain and the Interest Group on Mental Health, Wellbeing and Brain Disorders: '#MakeWorkWork'

Held in the European Parliament (8 March) and attended by Erik Van Der Eycken, our EU project assistant.

3rd EPA Forum

Organised by the European Psychiatric Association in Florence (1 April) and attended by our president Hilikka Kärkkäinen

25th European Congress of Psychiatry

Organised by the European Psychiatric Association in Florence (1-4 April) and attended by our president Hilikka Kärkkäinen

European Patient Forum AGM

Held in Brussels (10-11 April) and attended by our president Hilikka Kärkkäinen

Patient Organization Advisory Board Meeting on Schizophrenia

Held in Leuven (8-9 June), attended by Yoram Cohen, member of our Board

European Patient Forum Board

Held in Vienna (1-2 July) and attended by our president Hilikka Kärkkäinen

WPA World Congress of Psychiatry

Held in Berlin (8-10 October) and attended by our president Hilikka Kärkkäinen

mhGAP forum: Mental health capacity building within countries

Organised by WHO in Geneva (9-10 October) and attended by Yoram Cohen, member of our Board

2017 World Congress on Mental Health

Organised by the World Federation for Mental Health (WFMH) in New Delhi, India (2-5 November) and attended by Yoram Cohen, member of our Board.

Thanks to the following supporters for the donations supporting GAMIAN-Europe activities in 2017





THE VOICE OF PATIENTS IN MENTAL HEALTH

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