



From the IIMHL and IIDL Update List

IIMHL AND IIDL UPDATE

Welcome to this bi-monthly edition of Update for 30 August 2016.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others and we would be delighted if you would join us on Facebook.

Registration and Match Selection Open

IIMHL / IIDL Leadership Exchange 2017

Theme: Contributing Lives, Thriving Communities

27th February to 3rd March 2017

To register and select your match:

<http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney>

(please note several additional matches will be added in the coming weeks)

To book accommodation:

http://www.hilton.com/en/hi/groups/personalized/S/SYDHITW-GIIMH-20170226/index.ihtml?WT.mc_id=POG

Each country has an allocation of places, so waiting lists may start if the allocation is reached early.

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Special Announcement from Canada

Steve Lurie, tireless mental health advocate, has been appointed to Order of Canada

Canadian Mental Health Association (CMHA), Ontario would like to congratulate Steve Lurie, Executive Director of the CMHA Toronto Branch, on his appointment as a Member of the Order of Canada.

IIMHL Feature - WHO

Global Strategy for Women's, Children's and Adolescents' Health: Survive, Thrive and Transform. 2016-2030

The new Global Strategy aims to achieve the highest attainable standard of health for all women, children and adolescents, transform the future and ensure that every newborn, mother and child not only survives, but thrives. Updated through a process

of collaboration with stakeholders led by WHO, the Strategy builds on the success of the 2010 Strategy and its Every Woman Every Child movement, which helped accelerate the achievement of the health-related Millennium Development Goals and will act as a platform to put women, 2 children and adolescents at the heart of the new UN Sustainable Development Goals.

<http://who.int/life-course/partners/global-strategy/globalstrategyreport2016-2030-lowres.pdf>

Other IIMHL Articles of Interest - United Nations

Human Development Report 2014 Sustaining Human Progress: Reducing Vulnerabilities and Building Resilience, 2014

The 2014 Human Development Report— Sustaining Progress: Reducing Vulnerabilities and Building Resilience—looks at two concepts which are both interconnected and immensely important to securing human development progress.

<http://www.pnud.org.br/arquivos/rdh2014.pdf>

General Assembly

29th June 2016

A new [Resolution on Mental Health and Human Rights](#), adopted by the UN Human Rights Council on 1 July 2016, calls on Member States to view mental health care from a human rights perspective and to take action accordingly. This is an exciting step forward, as it signals an escalation of the UN's commitment to work with the World Health Organization (WHO) on addressing global mental health needs.

According to a [statement](#) released by the British Psychological Society, its President, Professor Peter Kinderman, stated:

"This resolution is good news for all of us who use mental health services, and for people in developing nations in particular. If we used a 'rights' approach rather than an 'disease' approach to mental health, we would come to some very different decisions about involuntary detention, forcible treatment, the use of inappropriate diagnoses and excessive reliance on the use of medication, and even on the relationship between mental health and welfare systems."

<http://www.lisboninstitutegmh.org/assets/files/HRC%2032%20-%20Mental%20Health%20and%20Human%20Rights%20-%20adopted%20-%2001.07.2016-20160701141220.pdf>

Operational Guidance Mental Health & Psychosocial Support Programming for Refugee Operations

United Nations High Commissioner for Refugees, 2013

This operational guidance on Mental Health and Psychosocial Support (MHPSS) provides a practical orientation and tools for UNHCR country operations. It covers specific points of good practice to consider when developing MHPSS programming and offers advice on priority issues and practical difficulties, while also providing some background information and definitions. Since MHPSS is a cross cutting concept this operational guidance is relevant for programming in various sectors,

including health, community based protection, education, shelter, nutrition, food security and livelihoods. The focus of this operational guidance is on refugees and asylum seekers, but it may apply to other persons of concern within UNHCR operations such as stateless persons, internally displaced persons and returnees. The guidance is meant for operations in both camp and non-camp settings, and in both rural and urban settings in low and middle-income countries with a UNHCR presence. The guidance should be adapted according to different contexts.

<http://mhinnovation.net/sites/default/files/downloads/resource/Operational%20Guidance%20for%20Mental%20Health%20and%20Psychosocial%20Support%20Programming%20in%20Refugee%20Operations.pdf>

Other IIMHL Articles of Interest - Global

Mental Health Innovation Network © London School of Hygiene & Tropical Medicine 2015

Toolkit prepared by Agnes Becker

What is the Global Mental Health Communications Toolkit? This toolkit aims to help global mental health researchers communicate their findings to their stakeholders. The principles in this toolkit can be applied to all stakeholders, including policy-makers, and to key messages about your project's implementation and policy influence activities.

To find out what this toolkit will help you to know and how the toolkit is used, please click on the link below:

http://www.mhinnovation.net/sites/default/files/downloads/resource/GMHCommunicationsToolkit_2Nov2015.pdf

World Happiness Report 2016

Edited by John Helliwell, Richard Layard and Jeffrey Sachs, 2016

The first World Happiness Report was published in April 2012, in support of the High Level Meeting at the United Nations on happiness and well-being, chaired by the Prime Minister of Bhutan. Since then we have come a long way. Increasingly, happiness is considered to be the proper measure of social progress and the goal of public policy. This is the fourth World Happiness Report, and it is different in several respects from its predecessors. These differences relate to timing, content and geography.

http://worldhappiness.report/wp-content/uploads/sites/2/2016/03/HR-V1_web.pdf

Using Theory of Change in the Development, Implementation and Evaluation of Complex Health Interventions: A practical guide

Mary De Silva, Lucy Lee & Grace Ryan 2015

The Centre for Global Mental Health & the Mental Health Innovation Network

Theory of Change (ToC) is an approach to developing, implementing and evaluating programmes of development, and has been applied across a wide range of programmatic contexts. Broadly, ToC can support the development of interventions,

bringing together key stakeholders within the planning phase to scrutinise and address proposed approaches to achieving impact. It can also provide a rich process and impact framework to guide implementation and evaluation, addressing barriers to implementation, and incorporating the rationale behind approaches taken and contextual influences. This guide provides a practical overview of the process of developing a Theory of Change, focussing on using a stakeholder-driven, workshop approach to achieve this.

http://mhinnovation.net/sites/default/files/downloads/resource/MHIN%20ToC%20guidelines_May_2015.pdf

Seven Actions Towards a Mentally Healthy Organisation: A seven-step guide to workplace mental health

The World Economic Forum's Global Agenda Council on Mental Health 2014-2016

To the individual mental illness can be isolating, exhausting and sometimes deadly. But it also takes its toll more broadly on organisations and businesses across the globe. Whether it's a small business or a multi-national FTSE 100 company, tackling mental illness head on is a necessity in today's world. From an investors' or owners' perspective, policies that promote mental health are good not only for the people who work for the organisation but also for its financial performance.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Seven_actions_towards_a_mentally_healthy_organisation_WHF_2016.pdf

The Global Impact of Dementia: An analysis of prevalence, incidence, cost and trends

World Alzheimer Report 2015, Published by Alzheimer's Disease International (ADI), London.

Today, over 46 million people live with dementia worldwide, more than the population of Spain. This number is estimated to increase to 131.5 million by 2050. Dementia also has a huge economic impact. Today, the total estimated worldwide cost of dementia is US \$818 billion, and it will become a trillion dollar disease by 2018. This means that if dementia care were a country, it would be the world's 18th largest economy, more than the market values of companies such as Apple (US\$ 742 billion), Google (US\$ 368 billion) and Exxon (US\$ 357 billion).

The 2015 World Alzheimer Report updates data on the prevalence, incidence, cost and trends of dementia worldwide. It also estimates how these numbers will increase in the future, leaving us with no doubt that dementia, including Alzheimer's disease and other causes, is one of the biggest global public health and social care challenges facing people today and in the future.

<http://www.worldalzreport2015.org/downloads/world-alzheimer-report-2015.pdf>

Other IIMHL Articles of Interest - European Union

Comorbidity of Substance Use and Mental Disorders in Europe

European Monitoring Centre for Drugs and Drug Addiction, 2015

This work will provide policymakers, professionals in the drugs field and other interested readers with a detailed overview of the concept of comorbidity in the context of drug use and the tools available for its assessment. The most common combinations of co-occurring drug use and mental health disorders are described and treatment and clinical recommendations offered. The information provided by the national focal points allows the inclusion of material otherwise not readily available to researchers, either because it is unpublished or is only available in languages not fully covered by international indexing services. Based on these sources, the study presents the most comprehensive analysis to date of the available information on the prevalence of comorbid drug use and mental disorders in Europe. To read more:

<http://www.emcdda.europa.eu/topics/pods/comorbidity-substance-use-mental-disorders-europe>

European Framework for Action on Mental Health and Wellbeing

EU Joint Action on Mental Health and Wellbeing, January 2016

The need to include mental health among the first priorities of the public health agenda has been increasingly recognized in Europe over the past decades. This recognition is based on the growing evidence and awareness about the magnitude of mental health problems in European countries: mental disorders are highly prevalent in Europe and impose a major burden on individuals, society and the economy. They represent 22% of the EU's burden of disability, as measured in Years Lived with Disability (YLD). To read the full article:

[http://www.mentalhealthandwellbeing.eu/assets/docs/publications/Framework%20for%20action_19jan%20\(1\)-20160119192639.pdf](http://www.mentalhealthandwellbeing.eu/assets/docs/publications/Framework%20for%20action_19jan%20(1)-20160119192639.pdf)

Depression, Suicide Prevention and E-Health: Situation analysis and recommendations for action, 2015

Joint Action on Mental Health and Well-being & European Union

Within the framework of Joint Action on Mental Health and Wellbeing (JAMHWB) key national stakeholders of the following participating countries (Bulgaria, Denmark, Estonia, Germany, Hungary, Ireland, Latvia, Netherlands, Sweden) were brought together to collaborate on the development of a status report and action framework in the thematic areas of prevention of depression and suicide and mainstreaming of e-mental health interventions. 200-page report.

<http://www.mentalhealthandwellbeing.eu/assets/docs/publications/WP4%20Final.pdf>

Mental Health in Policies including Across-government Policies

Joint Action on Mental Health and Well-being November 2015 Newsletter outlines:

- Education - Policy Brief Highlights
- Labour - Policy Brief Highlights
- Health in Government - Policy Brief Highlights
- Local Authorities - Policy Brief Highlights

Implementing Community Based Mental Health Services

<http://www.mentalhealthandwellbeing.eu/assets/docs/publications/JAMHWP%20Newsletter%20November%202015.pdf>

IIDL Feature - USA

The Place that Quality Built

Council for Quality and Leadership

This is a light hearted but very useful little manual in supporting the essential elements of quality within an organisational setting. It is simple and clear and has practical use for people in direct support roles.

<https://www.c-q-l.org/app/webroot/files/DOCUMENTS/The%20Place%20that%20Quality%20Built.pdf>

Other IIDL Article of Interest - England

Personal Planning Book

Barbara McIntosh, Co-Director, Learning Disability Programme, The Foundation for People with Learning Disabilities, Mental Health Foundation, London

This is simple but effective little planning tool. Written in easy read and very appropriate for use by or in partnership people with an intellectual disability.

<http://www.iimhl.com/files/docs/20160830a.pdf>

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Join IIMHL / IIDL

Any leader in mental health, addiction and disability services can join IIMHL or IIDL free by using this link: <http://www1.iimhl.com/Join.asp>

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