



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of 30 September 2021

IIMHL and IIDL organise systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health and well-being in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health, addiction and disability support services and their families.

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. We would be delighted if you would join us on Facebook and Twitter.

Our regular Update will continue to feature matters of practice, policy and innovation from our member countries. We are aware that COVID19 and its impact currently features hugely in the thinking and practical work of you, our members.

With that in mind, we are continuing to produce our now regular briefings on COVID19 and its impact in relation to mental health as well as other specific topic areas. You can find these briefings on our website (<https://www.iimhl.com/iimhl-covid19-update-archive>), via our Twitter feed: @IIMHL and of course by email.

New Date and Format for IIMHL/IIDL Leadership Exchange 2022

Original Event Date: February 28 - March 4, 2022

New Event Date: October 2022

New Format: Online with blend of regional/in-person hubs, as travel conditions allow

Following the Special Update forwarded to all members advising of the new date and format for next year's Leadership Exchange, the latest information on this event will always be available at:

<https://www.iimhl.com/2022-christchurch>

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IIMHL Feature Article - International

World Mental Health Day October 10th, 2021

World Federation for Mental Health

"Mental Health in an Unequal World: Together we can make a difference"

<http://www.wmhd2021.com/index.php>

Other IIMHL Articles of Interest – International

Global Status Report on the Mental Health Response to Dementia

WHO, 2021

Only a quarter of countries worldwide have a national policy, strategy or plan for supporting people with dementia and their families, according to the WHO's 'Global status report on the public health response to dementia', released today. Half of these countries are in WHO's European Region, with the remainder split between the other Regions. Yet even in Europe, many plans are expiring or have already expired, indicating a need for renewed commitment from governments.

At the same time, the number of people living with dementia is growing according to the report: WHO estimates that more than 55 million people (8.1% of women and 5.4% of men over 65 years) are living with dementia. This number is estimated to rise to 78 million by 2030 and to 139 million by 2050.

<https://apps.who.int/iris/bitstream/handle/10665/344701/9789240033245-eng.pdf>

Davos Lab: Youth Recovery Plan - Insight report

World Economic Forum, August 2021

Young people have 40 calls to action to transform society, government and business. The year 2021 can be a turning point. We need everyone to act – individuals, communities, businesses, politicians and world leaders. Only then can we create the sustainable, equitable and inclusive future that we want.

http://www3.weforum.org/docs/WEF_Davos_Lab_Youth_Recovery_Plan_2021.pdf

People who use drugs and mental health

Harm Reduction International and Network of People who Use Drugs (INPUD)

June 2021

Mental health issues can occur alongside drug use or drug dependency, but this does not indicate that they are always either a result of drug use nor preface drug use. It is important to underline that mental health issues and drug dependency can emerge from the same

structural factors, like poverty, lack of access to healthcare and other services, homelessness, and stigma and discrimination. In some, not all, cases, people start or continue using drugs to deal with mental health issues, and in some instances, drugs can help people to manage their mental health symptoms, as well as life's challenges.

People who use drugs, like all people, should have appropriate access to mental health support as needed. We have to find ways to encourage better access to mental health services for people who use drugs without framing drug use and/or dependence as mental health issues in absolute terms. Furthermore, we must seek to continually challenge ideas that pathologise drug use and people who use drugs that deny will and agency to people who use drugs, removing the right to make choices regarding their physical and mental health.

To read article in full:

<https://www.inpud.net/en/people-who-use-drugs-and-mental-health>

Sweden

The Uppsala Health Summit this year: Wellbeing 2021

At Uppsala Health Summit we believe that when leaders from academia, industry, governments and civil society gather to discuss practical solutions, we take a step closer towards better health outcomes, globally.

It is digital this year but on it offers many high-quality presentations and it is free to participate in the plenaries (while workshops are exclusive to those sponsoring the event).

<https://www.uppsalahealthsummit.se/our-summits/summit-on-mental-wellbeing-2021/programme/>

IIDL Feature Article – UK

National Autism Strategy

Government: Health and Social Care, July 2021

New landmark strategy to improve the lives of autistic people.

The government has launched a new multi-million pound strategy to speed up diagnosis and improve support and care for autistic people.

<https://www.gov.uk/government/news/new-landmark-strategy-to-improve-the-lives-of-autistic-people>

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using these links:

For IIMHL:

<https://www.iimhl.com/iimhl-join>

For IIDL:

<https://www.iimhl.com/iidl-join>

IIMHL and IIDL Briefings contain information, reports and articles that may be of interest to leaders and organisations. The information, articles and reports represent the views and opinions of the organisation referenced, not necessarily those of IIMHL and IIDL.

