

UPDATE FROM IIMHL AND IIDL

Welcome to this twice monthly Update issued March 30th, 2022

The International Initiative for Mental Health Leadership (IIMHL) and the International Initiative for Disability Leadership (IIDL) organise systems for leaders to share innovations, network and problem solve across countries and agencies.

Thanks for subscribing to our Update, we hope you find it informative and helpful. You may have noticed that our branding looks a little different? We have recently refreshed our logos and our websites. We may look a little different, but we are still the same organization.

In this Issue:

**REGISTRATION IS NOW OPEN!!
Check out the excellent virtual matches!**

IIMHL/IIDL Leadership Exchange 2022



The details of the 2022 Leadership Exchange can be viewed at this link:

[Exchange-Pamphlet-FINAL.pdf](#)

To register:

IIMHL: <https://www.iimhl.com/2022-leadership-exchange>

IIDL: <https://www.iimhl.com/2022-leadership-exchange-iidl>

- **IIMHL Feature Article – Sweden**
 - **Uppsala Health Summit: Pathways to Lifelong Mental Wellbeing 18-20 October 2021**
- **Other IIMHL Articles of Interest – Various**
 - **Rationale and evidence for investing proactively in the mental health of communities: Using mental health promotion and wellbeing science methodologies – Aotearoa/New Zealand**
 - **Understanding and Mitigating Health Inequities — Past, Current, and Future Directions - USA**
 - **The Impact of COVID-19 on Health & Health Systems - International**
- **IIDL Feature Article – Aotearoa/New Zealand**
 - **Criminal justice system interactions among young adults with and without autism: A national birth cohort study in New Zealand**

IIMHL Feature Article – Sweden

Uppsala Health Summit: Pathways to Lifelong Mental Wellbeing 18-20 October 2021
Uppsala University, March 2022

Good mental health is an integral part of a healthy life. Nonetheless, increasing mental ill health is one of the most acute public health challenges in Sweden and globally. Every third person suffers from a mental illness at least once in their lifetime, and the probability of women being diagnosed with anxiety or depression is twice as high as that for men. Young people are at particularly high risk, and since the mid-1980s the proportion of Swedish young people with symptoms of mental illness has quadrupled. Shockingly, in 2020 in Sweden, more than seven times as many people died by suicide than in traffic accidents. There is a substantial treatment gap, with an uptake of 7-28% for common mental disorders. Clearly, there is an acute need to tackle the ongoing global mental health crisis.

This post-conference report summarizes conclusions from the 8 workshops at Uppsala Health Summit 2021:

- Implementation of the Swedish method Physical Activity on Prescription
- Psychological Flexibility, Mental Health, COVID-19 and Beyond
- Public Mental Health: Semantic and Taxonomic problems regarding mental health and application and implication of new techniques
- Hormones and Mood
- Addressing Peripartum Depression
- Public mental health promotion as an integral part of clinical and community care programmes
- How to improve access to evidence-based psychological interventions
- Animal-Assisted Interventions –how they can improve wellbeing among children faced with mental health difficulties at school.

https://www.uppsalahealthsummit.se/digitalAssets/547/c_547164-l_1-k_uhs-2021-compendium-of-brifs-mental-wellbeing.pdf

Recordings:

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

Other IIMHL Articles of Interest

Aotearoa/New Zealand

Rationale and evidence for investing proactively in the mental health of communities: Using mental health promotion and wellbeing science methodologies

Mental Health Foundation, 2021

How can the population of Aotearoa/New Zealand become more mentally healthy overall, reducing the demand for mental illness treatment services?

The solutions involve:

- Reducing population-level psycho-social stressors through human centred social policy and positive responses to disasters and global shocks.
- Empowering communities and individuals to learn the behaviours and skills that will protect and enhance their mental resilience and wellbeing.

<https://mentalhealth.org.nz/resources/resource/investing-in-the-mental-health-of-communities>

USA

Understanding and Mitigating Health Inequities — Past, Current, and Future Directions

New England Journal of Medicine, 2021

Amid increased understanding of the effects of structural racism on health, research by one of us and by Dorothy Roberts,^{4,5} among other scholars, has led to a view of race and ethnic group as social constructs, not medical risk factors. This research suggests that addressing the effects of racism, ethnocentrism, homophobia, unequal treatment based on immigration status, and sexism on health will be beneficial for overall health status and outcomes. Going forward, improving the effectiveness of interventions aimed at mitigating individual and institutional bias, whether implicit or explicit, will be essential to advancing health equity.

<https://www.nejm.org/doi/full/10.1056/NEJMp2008628>

International

The Impact of COVID-19 on Health & Health Systems

OECD, 2022

The COVID-19 pandemic has shown how vulnerabilities in health systems can have profound implications for health, economic progress, trust in governments, and social cohesion.

Containing and mitigating the spread and infection rate of the virus continue to be essential. But so is strengthening the capacity of health systems to respond swiftly and effectively. This includes administering COVID-19 vaccines. After lightening speed development and testing, vaccine campaigns are rolling out in many countries. But questions about production, delivery and equitable access remain, not least for low and middle-income countries.

https://www.oecd.org/health/covid-19.htm?utm_source=Adestra&utm_medium=email&utm_content=health-policy-briefs&utm_campaign=OECD%20Health%20Update%20January%202022&utm_term=els

IIDL Feature Article – Aotearoa/New Zealand

Criminal justice system interactions among young adults with and without autism: A national birth cohort study in New Zealand

<https://journals.sagepub.com/doi/10.1177/13623613211065541>

The aims of this study were to examine the prevalence of criminal justice system interactions among young adults with and without autism, and determine whether offence types differ between these groups. This study found that young people with autism interacted with the criminal justice system at lower rates compared to those without autism. However, there were considerable differences in the types of offences these young people were charged with. For example, among those charged with an offence, people with autism were more likely to be charged with a serious offence, punishable by 2 or more years in prison. This study concludes that although young people with autism are not over-represented in the criminal justice system, disparities in offence types and incarceration rates among those charged with an offence suggest the importance of identification and appropriate response to autism within the criminal justice system.

Steve Appleton

President & CEO, IIMHL & IIDL

steve@iimhl.com

General enquiries about this Update or for other IIMHL information please contact Erin Geaney at erin@iimhl.com.

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.

