



GAMIAN Europe

NEWSLETTER 2014-2
(SPECIAL EDITION)

GAMIAN-Europe's
17th Annual
Convention

Budapest

18-20 September 2014

Foreword

This issue of the GAMIAN-Europe is dedicated to last September's Convention, held in Budapest. As our Conventions provide the primary occasion for bringing our members together to learn, discuss and exchange, it was felt that it merits special attention.

The newsletter provides a full description of the agenda and presentations as well as on the discussions and contributions of the participants. In addition, Pedro Montellano offers his personal impression of the event. A full list of the participants can be found at the end.



Gamian is supported by GSK, Janssen, SHIRE and Lundbeck
The 2014 Vilnius convention was co-financed by Roche, TEVA and ECNP



Programme

Thursday 18/09

Afternoon: Arrival of Delegates & Registrations

Evening: Award Giving Ceremony of GAMIAN-Europe and Good Practices Award
Welcome Dinner

Friday 19/09

Welcome address by GAMIAN-Europe and Awakenings, co-hosting organisation in Budapest

Morning session: (chaired by Andrea Bodrogi, Awakenings
Pedro Montellano, president of GAMIAN - Europe)

- *"Time to commit to policy change on Schizophrenia"*
Silvana Galderisi, Psychiatrist (Italy)
- *Patient speakers commenting on the Schizophrenia Report (2013)*
 - **Muazzez Merve Yüксе & Haldun Soyğür** – Blue Horse (Turkey)
 - **Jelmer Abrahams** – An Open Mind Experience (Netherlands)
 - **Dr. Harangozo, Judit, MD.** : Hearing Voices or a New Look at Schizophrenia (Awakenings (Hungary))

Coffee Break & Networking

- *Schizophrenia: social exclusion and stigma: first results of the inclusion and support questionnaire:*
Paul Arteel (GAMIAN-Europe)

Lunch & Networking

Afternoon Session: (chaired by Rebecca Muller, secretary General of GAMIAN-Europe)

- *Presentation of selected good practices on work as an element of recovery by GAMIAN-Europe national members*

Coffee break & Networking

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Discussion

Saturday 20/09

Morning session (chaired by Raluca Nica, board member)

- **Attitude ambassadors**
- **Hakan Wingren** (Sweden), Attitude Ambassador
- **Kristian Meurman** (Finland), Goodwill Ambassador for Finnish Central Association for Mental Health
- **Rebecca Muller** (Belgium), on the Human Library Project
- Hungarian experience: "The way we see mental health".

Lunch & Networking

- *Report on GAMIAN Europe involvement in EU Research projects*
- *General Assembly GAMIAN-Europe (members only)*

Farewell Dinner and Networking

Our local partner: AWAKENINGS

Awakenings was founded in 1991, and since then it has been the primary mover of community mental health care in Hungary. The organisation also participates in domestic and international research projects (e.g. Prof. Thornicroft' projects). Their "addictology outpatient unit" attracts thousands of patients per year. Awakenings is also well known for its credit point earning training programmes and conferences. The organisation has been member of GAMIAN-Europe since 2006.



Congress venue & accomodation



[Radisson Blu Beke Hotel Budapest.](#)

The Radisson Blu Béke Hotel lies within walking distance of the railway station and 23 kilometres from the Budapest Airport, which can easily be reached by public transportation, 'THE' ideal location for hosting our convention. While attending the convention, we could admire the detailed murals inspired by Shakespeare.



Summary of lectures

By Ruth Bentley

LECTURE 1

TIME TO COMMIT TO POLICY CHANGE ON SCHIZOPHRENIA

SILVANA GALDERISI



Professor Silvana Galderisi (Second university of Naples, Italy) presented the background and the policy recommendations from the report. The approach to schizophrenia management has changed in recent decades, and there is now a greater focus on recovery. With appropriate management, many people affected by the condition can now live independently, enjoy interpersonal relationships and leisure activities, and function at school and in the workplace. Aiming for better lives for people living with schizophrenia is a realistic goal.

http://gamian.eu/wp-content/uploads/2015/02/Budapest-2014_Galderisi.pdf

LECTURE 2

BLUE HORSE

MUAZZEZ MERVE YÜKSE & HALDUN SOYGÜR

The Blue Horse Café (Turkey) – so named because a blue horse is a symbol of freedom – provides supported employment for 28 people with mental health problems. It was founded in 2009 in Ankara by the Federation of Schizophrenia Associations. It was inspired by the memory of Dr Basaglia, who 30 years earlier had closed down large mental hospitals and encouraged the patients to integrate in society. Work in the Café includes serving, helping in the kitchen and cleaning. The patients also organize events such as movie shows, book signing, talks and musical performances. These activities all help to achieve the goal of integration by strengthening self-esteem, functional ability and quality of life of those who work in the Café. In turn, members of the community receive services, which can help to dispel negative attitudes towards people with mental illness.

http://gamian.eu/wp-content/uploads/2015/02/Budapest-2014_Blue-Horse.pdf



LECTURE 3

AN OPEN MIND EXPERIENCE

JELMER ABRAHAMS ANOIKSIS,

Jelmer Abrahams (Anoiksis, Netherlands) showed a video he created, which was a 'symbolic journey' on U-tube. This includes such themes as 'Get the losers out of your life if you want to live your dream' and 'You don't have to go through life being a victim'. It also features Meryl Streep's role in 'The Giver'.

<https://www.youtube.com/watch?v=t3PRoYyWkq4>



LECTURE 4

HEARING VOICES OR A NEW LOOK ON SCHIZOPHRENIA

DR. HARANGOZO, JUDIT, MD AWAKENINGS

The Hearing Voices movement – somewhat controversially – challenges the classical concepts of psychiatry. A paper by J. van Os et al (2013) entitled 'Beyond DSM and ICD' argues that use of static diagnostic categories, as defined in DSM and ICD, does not accurately reflect the neural circuits that mediate dynamic adaptation to social context. The 'Experience Sampling Method' is proposed forward as a means of 'precision diagnosis' using momentary assessment technology.

http://gamian.eu/wp-content/uploads/2015/02/Budapest-2014_Harangozo.pdf



LECTURE 5

SCHIZOPHRENIA: SOCIAL EXCLUSION & STIGMA - FIRST RESULTS OF THE INCLUSION & SUPPORT QUESTIONNAIRE

PAUL ARTEEL GAMIAN-EUROPE



A questionnaire on social inclusion has been developed by an expert Work Group, of which Paul Arteel was a member. The work group is a global alliance, funded by Hoffman La Roche and composed of 11 major international NGOs operating in the field of mental health.

They met twice a year in 2012, 2013 and 2014 to discuss the effect of schizophrenia on social inclusion. GAMIAN-Europe was represented by Monika Nemanyte and Paul Arteel. John Bowis chaired the meetings.

The questionnaire was circulated to GAMIAN members in summer 2014, but only 15 responses were received before the Budapest

convention (60% from people with a University degree). The response rate may be low for several reasons: not translated from English into all GAMIAN-Europe languages; complex questions; needs too much concentration; takes too long to complete. There was some discussion about how best to disseminate it to obtain more responses that will provide meaningful and powerful data to present to policy makers. One thing was clear, though: social inclusion is important to everyone who answered the questionnaire.

http://www.gamian.networxbelgium.be/ESP2/public/survey.php?name=Gamian_incl_eng_def

LECTURE 6

ATTITUDE AMBASSADOR

HAKAN WINGREN, KRISTIAN MEURMAN

Two attendees at the Convention who have experienced recovery from severe mental illness presented their work as 'attitude ambassadors', trying to dispel unhelpful prejudice in the workplace and beyond.

Håkan Wingren (Riksförbundet Balans) from Sweden never expected to suffer clinical depression, but he did (on three occasions). His nightmare of severe depression was helped by ECT, antidepressants and building in adequate leisure time and exercise. Håkan is now one of 300 attitude ambassadors in Sweden who campaign to break the silence about mental illness and end stigma in the workplace. Kristian Meurman (Central Association Mental Health Finland) described his experience of mental ill-health at the age of 18, and the difficulty he had in receiving a proper diagnosis and appropriate treatment. Kristian's talk focused on his work with the Finnish Central Association for Mental Health

Founded in 1971, it then had 68 participants, 9 registered local organizations and 8 participants from the hospital patient association. With many milestones along the way, the FCAMH now has over 170 local associations, more than 19,000 members and some 45 full time employees.

Amongst its services are rehabilitation courses, physical education programmes, 'spiritual well-being' weeks, a peer-support telephone service and legal advice and information.

http://gamian.eu/wp-content/uploads/2015/02/Budapest-2014_Wingren.pdf



My personal impression of the 2014 convention

by Pedro Montellano, President

Once again the time for the GAMIAN-Europe Convention had come.

It was time to pack and catch a plane to Budapest. When getting there – a little tired after travelling – it was nice to see familiar faces starting to appear. I started to feel good and a real desire to be among the GAMIAN-Europe family. and participate intensively in the Convention. The welcome dinner provided the perfect occasion to get all of us into the right spirit. During this pleasant dinner.



I had the honour to hand over the "GAMIAN-Europe Good Practice Award" to my good friends of Kolombus, our member from the Czech Republic.

The working sessions started the next morning and continued throughout the day. The sessions were interesting, with interventions from patients as well as health professionals and the discussions were lively.

In the evening we were taken on a guided tour of the city, followed by an extraordinary dinner on board of a boat sailing the Danube. It was beautiful to see all the illuminated monuments on both sides of the river.

The second day started with two truly inspiring experiences on how peers can have a highly relevant role on raising awareness, fighting stigma and discrimination.

In the afternoon there were three interesting presentations, one of which focusing on GAMIAN-Europe's current participation in EU-funded research projects. The Convention was closed with a gala dinner, which was a symbolic event as always. On this occasion, Professor Joseph Zohar gave the "Expert Platform focus on Depression Media Award 2014" to Hungarian Journalist Andras Becker, to recognise and mark his work in the field of mental health. The General Assembly was well attended and interesting discussions about several Board proposals took place - a clear sign of the interest and commitment of our members.

The performance of our member from Finland, Kristian Meurman, playing guitar and singing several songs was the highlight of the evening - especially as he wrote a song composed for this occasion.

The Convention was over, it was time to say good bye to friends and start to think about the better use of this experience on behalf of people with mental health problems in each specific country. We leave behind two days of hard work and friendship, with a renewed and stronger will to do more and better for GAMIAN-Europe and mental health for the benefit of those affected.



Shoes on the Danube Bank

The **Shoes on the Danube Bank** is a memorial in [Budapest, Hungary](#), conceived by film director [Can Togay](#). He created it on the west bank of the [Danube River](#) with sculptor [Gyula Pauer](#) to honor the Jews who were killed by fascist [Arrow Cross](#) militiamen in Budapest during [World War II](#).



They were ordered to take off their shoes, and were shot at the edge of the water so that their bodies fell into the river and were carried away. It represents their shoes left behind on the bank. The composition entitled 'Shoes on the Danube Bank' gives remembrance to the

people shot into the Danube during the time of the Arrow Cross terror. The sculptor created sixty pairs of period-appropriate shoes out of iron. The shoes are attached to the stone embankment, and behind them lies a 40 meter long, 70 cm high stone bench.



At three points are cast iron signs, with the following text in Hungarian, English, and Hebrew: "To the memory of the victims shot into the Danube by Arrow Cross militiamen in 1944-45. Erected 16 April 2005." (Source: MTI, Saturday, April 16, 2005.)

Participants

NAME OF DELEGATE	ORGANISATION	COUNTRY
Bert Aben	VMDB	The Netherlands
Jelmer Abrahams	Anoiksis	The Netherlands
Katerina Angeli	Kinapsi	Greece
Paul Arteel	GAMIAN-EU	Belgium
Bese Bálint		Hungary
Andrea Bodrogi	Awakenings Foundation	Hungary
John Bowis	GAMIAN-EU (indiv member)	U.K
Daniela Calleja Bitar	Richmond Foundation	Malta
Andre Castalan	Schizo ?...Oui !	France
Daniel Cernik	Czech Mental Health Assoc	Czech Republic
Yoram Cohen	ENOSH	Israel
Paul Cosse	Schizo ?...Oui !	France
Aidan Fahy	Cork Mental Health	Ireland
Silvana Galderisi		Italy
Dijana Gaurilcikiene	Club 13 & CO	Lithuania
Judit Harangozó	Avakenings Foundation	Hungary
Jacinta Hastings	GAMIAN-EU (indiv member)	Ireland
Kristina Jandrić	Sunrise	Croatia
Jan Jaroš	Kolombus	Czech Republic
Hilkka Kärkkäinen	GAMIAN-EU (indiv member)	Finland
Mustafa Kemal Avcioglu	Federation of Schizophrenia	Turkey
Róbert Kristóf	Awakenings Foundation	Hungary
Sofia Koutsou	Kinapsi	Greece
Mette Larsen	Anoiksis	The Netherlands
Marthe Lokken	Bipolarforeningen	Norway
Christine Marking	European relations policy-advisor:	Belgium
Kristjan Meurman	Central Association Mental Health	Finland
Ausra Mikulskienė	Club 13 & co	Lithuania
Pedro Montellano	Eutimia	Portugal
Rebecca Müller	Ups & Downs	Belgium
Raluca Nica	LEAGUE FOR MENTAL HEALTH	Romenia
Aikaterini Nomidou	Sofpsi-N-Serron	Greece
Joana Plácido	ADEB	Portugal
Urve Randmaa	EMHA	Estonia
Antoinette Shah	Richmond Foundation	Malta
Tonje Fdeldstad Smith	Bipolarforeningen	Norway
Elise Torossian	AGMI	Cyprus
Danguole Regina Survilaite	Club 13 & CO	Lithuania
Erik Van der Eycken	Ups & Downs vzw	Belgium
António Veiga	ADEB	Portugal
Nagy Vivien		Hungary
Muazzes Merve Yuksel Avcioglu	The Federation of Schizophrenia	Turkey
Association		
Hakan Wingren	Riksförbundet Balans	Sweden
Spyridon Zormpas	ADHD Hellas	Belgium
Guests:		
Sofie Ustrup	Lundbeck	
Trine Pilgaard	Lundbeck	
Michael Campbell	TEVA	
Laura Dobell	Janssen	
Ruth Bentley	Oxford PharmaGenesis	