Foreword

by Pedro Montellano, president

As it has been happening in the past, once again this year GAMIAN-Europe developed a very intense activity on its role of promoting a better mental health at European level.

A very diversified set of stakeholders were involved, namely, Members, Academia, Industry, European Commission, European Parliament, Regulators, Carers organizations, Professionals organizations, Multi-stakeholders organizations, showing that the implementation and the recognition of GAMIAN-Europe as the organization that represents the mental health patients at European level has been continuously increasing.

The annual Convention in Vilnius was a very successful event, with very interesting presentations a really enthusiastic participation of our members. As always it was a very important moment to bring together our membership and take advantage of the empowerment that comes from the sharing of experiences.

Once again the meetings of the Interest Group on Mental Health and Well-being registered a huge interest and participation, contributing very much for the visibility and prestigious of GAMIAN-Europe.

I would like to thank the Board, the Staff and the Members for their support during this year.

Considering the work that has been done, we have good reasons to look with confidence to the future.

Board composition

In 2013 the board members were:

**Board of Directors**

President: Pedro Montellano (Portugal),
Vice-President: Flavio Prata, (Italy)
Treasurer: Hilkka Kärkkäinen (Finland),
Secretary General: Rebecca Müller (Belgium),

**Members:**

John Bowis (United Kingdom)
Ausra Mikulskiené (Lithuania)
Aikaterini Nomidou (Greece)
Bert Aben (Netherlands)

**Co-opted counselor:**

Raluca Nica (Romania),

**Staff:**

Paul Arteel, executive director
Christine Marking, European relations policy-advisor
Regional Seminar in Dublin on Impact of the Financial Crisis on Mental Health (part I)

Keynote address: David Mc Daid (London School Of Economics)

Southern Europe:
Italy (Flavio Prato – Arete Onlus),
Portugal (Pedro - Montellano ADEB)
Romania (Raluca Nica - LRSM)
Greece (Katarina Nomidou - Sofpsi N Serron)

Belgium: Rebecca Muller and Luk Van Eycken (Ups&Downs)
the Netherlands: Bert Aben & Paul Daemen (VMDB)

Ireland: Aidan Fahy – Corck Mental Health
Carol More (Dual Diagnosis Ireland) and Orla Barry (Mental Health Reform Ireland)

UK:
England (Jackie Wilkinson - Rethink)
Wales (Richard Jackson and Peter Martin - Hafal)

Scandinavia
Finland (Hilkka Karkainen)
Norway (Finn Svartvadet Norwegian Bipolar Association)

Lithuania
Ausra Mikulskiene Club 13&co

Annual Convention Vilnius on Mental Health and Work
September 2013

Regional Seminar in Dublin on Mental Health and work (part II)

Key note address:
Inge Neyens (LUCAS Univ Leuven Belgium)

presentation of the first results of the questionnaire on mental Health and Workplace
(Rebecca Muller & Paul Arteel)
Convention Programme:

Friday 20/09

Welcome address by GAMIAN-Europe and Club 13 & Co-hosting organisation in Vilnius.

Morning session: chaired by Danguole Survilaitė, chairperson of Club13 & Co and Pedro Montellano, president of GAMIAN Europe

The Joint Action on Mental Health and Well Being, Focus on Depression (link)

Pedro Montellano, president of GAMIAN-Europe, member of the Group of Governmental Experts on Mental Health and Well-being and member of the advisory committee of the joint action

The OECD reports on Work and Mental Health in 9 European countries (link)

Veerle Miranda, OECD representative:

Working with Schizophrenia: Pathways to Employment, Recovery & Inclusion (link)

Stephen Bevan (Fit4Work – The Work Foundation)

Afternoon Session: chaired by Rebecca Muller, secretary General of GAMIAN-Europe and Bert Aben, board member

The Patients view on Mental Health and work; presentation of the results of the GAMIAN-Europe survey: with special focus on Depression (link)

Rebecca Mueller (GAMIAN-Europe), Inge Neyens (LUCAS, Belgium)

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

Discussion

Saturday 21/09

Morning session chaired by Flavio Prata, vice president of GAMIAN-Europe and Raluca Nica, board member

Dr Catherine Kilfedder (British Telecom)

Reasons behind British Telecom’s focus on combating depression within the company and the subsequent effects on employees and the company as a whole

Prof. Dr. Stellios Stylianidis

(Associate Professor of Social Psychiatry at the Department of Psychology at Panteion University in Athens; founder and Scientific Director of the Scientific Association for Regional Development and Mental Health - EPAPSY and Vice President of the World Association for Psychosocial Rehabilitation - WAPR)

How to survive an economical and financial crisis. (link)

Interactive session to edit recommendations based on the exchanges of Friday afternoon. Chaired by Hilkka Karkkainen, treasurer of GAMIAN-Europe and Aikaterni Nomidou, board member

All presentations are downloadable on the Gamian website.

www.gamian.eu
Meetings of the Interest Group on Mental Health, Wellbeing and Brain Diseases

29th May: Month of the Brain (cohosted with Steven Hughes Initiative on Depression in the Workplace)

Welcome address (Chairs) Jutta Steinruck MEP, Marian Harkin MEP, Stephen Hughes MEP

Keynote speech: Ms Isabel de la Mata, Principal Adviser, with special interest in Health, DG SANCO

Session 1: Impact of brain diseases on society

Professor Guy Goodwin, W.A Handley, Chair of Psychiatry, Oxford University Introduction to topic of impact of brain diseases on society
Professor David McDaid, Personal Social Services Research Unit (PSSRU), London School of Economics and Political Science and editor of Eurohealth Impact of stigma and discrimination on people with mental health problems
Professor Geert Dom, Department of Adult Psychiatry, University of Antwerp Impact of contributory factors such as alcohol dependence on mental illnesses

Session 2: Impact of brain diseases on patients and family

Mr. Kevin Jones, Secretary-General, EUFAMI (European Federation of Associations of Families of People with Mental Illness) Impact of mental illnesses on patients’ families and carers in general Professor Detlef Dietrich, European Depression Association Focus of impact of depression on families, patients and professional lives

Session 3: Employer’s role in supporting those with mental illnesses

Mrs Rebecca Müller GAMIAN–Europe Presentation of Survey results on mental health in the workplace
Dr. Paul Litchfield, Chief Medical Officer at British Telecom Reasons behind British Telecom’s focus on combatting mental illnesses within the company and the subsequent effects on employees and the company as a whole

10th July: Community Mental Health (cohosted with Carers Interest Group)

Welcome and introductions: Marian Harkin MEP, Antonyia Parvanova MEP, Nessa Childers MEP

The Joint Action on Mental Health and community care: aims, structure and actions
Juergen Schefflein, European Commission, DG SANCO
José Maria Caidas de Almeida, University of Lisbon (Joint Action Coordinator)

Carers and mental health assessment
Representative of Royal College of General Practitioners

Panel response
Frank Goodwin, Eurocarers
Pedro Montellano, GAMIAN-Europe
Kevin Jones, EUFAMI

Open Discussion, Conclusions and close
Heinz K Becker & Jean Lambert MEP
5th November: Schizophrenia Policy
12:30 Welcome and introductions by Nessa Childers MEP & Jean Lambert MEP

Part 1:
GAMIAN-Europe survey on adherence to treatment amongst 400 patients with schizophrenia
Paul Arteel, GAMIAN-Europe

Panel response by
Rebecca Muller, GAMIAN-Europe
Marc Hermans, UEMS

Part 2:
Oxford Pharmagenesis report: ‘Schizophrenia: Time to Commit to Policy Change’
Silvana Galderisi, Second University of Naples, Italy

Panel response by
Jelmer Abrahams, Anoiksis (NL)
Mary Baker, European Brain Council
Jürgen Scheftlein, European Commission, DG SANCO (tbc)

Conclusions and close : Nessa Childers MEP & Jean Lambert MEP

17th December: WHO Mental Health Action Plan

Welcome and introductions by Nessa Childers MEP & Marian Harkin MEP

The WHO Mental Health Action Plan
Matt Muijen, Programme Manager Mental Health and Neurodegenerative Disorders, WHO

Response from policy makers

European Commission:
Juergen Scheftlein, Policy Officer, DG SANCO

Council of Ministers:
Dimitrios Florinis, Health Attaché, Permanent Representation of Greece to the EU
Pierdavide Lecchini, Health Attaché, Permanent Representation of Italy to the EU (tbc)

European Parliament:
Nessa Childers MEP
Marian Harkin MEP
Gamian Europe 2013 Awards

Good practices award
The Gamian-Europe Good Practices Award was created at the Gamian-Europe Board in 2010. The First edition was presented at the Gamian-Europe annual convention in 2011.

Yearly, all GAMIAN-Europe members will be informed on the results and called to apply for the next year’s award.

By supporting and publishing all projects Gamian-Europe wants to contribute to the fight against stigmatisation, exclusion and isolation of people with mental health problems by revealing “good practices” to a large audience and supporting the exchange of expertise between the projects.

The 2013 good practices award went to “The Blue Turtle” by the puppetry group “Puppet Sailings” of the Greek Association SOFPSI N.SERRON:

The project started in September 2012 with the establishment of the puppetry group “Puppet sailings”. 14 mental health service users expressed their wish to participate in the project. Under the guidance of the theatrologist Domna Kavakidou and the puppet player expert in the creation of marionettes Kyriakos Theodoridis, mental health service users undertook to play the “Blue Turtle”, an one-act comedy attempting to describe wittily the features of the average Greek individual, written by the famous Greek author and satirist D.Psathas in 1944. For six months mental health service users have been creating their marionettes and rehearsing the performance.

Gamian Europe Award
Since 2004 GAMIAN-Europe has been given a special award to people that had a prominent contribution on the field of mental health. Over the years this award was given to persons from several European countries and with different backgrounds, but they all have in common their contribution in different ways for mental health and mental health patient’s rights and wellbeing.

The 2013 Award was attributed to Dr M.MUIJEN, Since 2004 he is the Programme Manager for Mental Health at the WHO Regional Office for Europe. He is responsible for planning and coordinating mental health policies and strategies, research, dissemination and implementation in the Region, and is working actively with the 53 European Member States.

By participating, in 2005 in the Gamian annual convention in Bucharest, he made clear that patient involvement was very important for him.

Another big priority of this year was the drafting of a new WHO European Mental Health Action Plan for Europe 53 European Member States. This is a very important document that will influence the actions of member states on mental health and will serve as a reference for action.

In two other major projects of the WHO, patients were important partners:


And the workgroup preparing the development of a new WHO Europe Mental Health strategy (2011-2012)
The Gamian-Europe Questionnaire on Mental Health and the Workplace

GAMIAN-Europe wishes to contribute to an open and innovative reflection process, in order to advocate the need to address health in a holistic fashion and the development of care and support facilities and services for people with mental health problems.

To this effect, GAMIAN-Europe stimulate international cooperation and awareness raising on important topics, for instance by means of the European Interest Group on Mental Health, Well-being and Brains Disorders, to which GAMIAN-Europe provides the secretariat.

Aiming to speak up for patients, GAMIAN-Europe organizes since 2006 regular consultations of its membership (through national patient associations in most European countries:

In 2013 GAMIAN-Europe has conducted a survey on the relation between Mental Health and the workplace

For Gamian-Europe it is important to hear from patients what their true experience is.

The main aim of this pan-European survey is to assess patients experience of healthcare systems in different countries. In particular the survey is looking at the interlinks between mental and work and the impact on patient lives.

The results of this survey will be submitted to National and EU policy-makers in the aim to advocate for a better integration of mental health and work to improve health outcomes of people living with mental disorders.

Funding

This study was financed by Lundbeck and Janssen

Procedure

The questionnaire was edited by a steering committee of patient representatives academics and policy experts

The patient representatives in the steering committee: Yoram Cohen (Israel), Flavio Prata (Italy), John Bowis (UK) and Raluca Nica (Romania):

No language barrier: everyone can respond in his or her own language

Survey packs were translated in 22 languages (using forward-back translation approach)

Survey was put online on the Gamian site and on the Gamian Facebook, Twitter and Linkedin pages Both online and printed version, accessible at the GAMIAN website

Active from 15th April 2013 until 15th July 2013

573 Responses from 00 countries (Q3

The first results of the questionnaire were presented at the meeting of the Interest Group on Mental Health, Well Being and Brain diseases in the European Parliament (29/05/201344) and at the Gamian annual convention in Vlinius (20/09/2013).

Academic support: LUCAS (Inge Neyens)
The Joint action on Mental Health and Wellbeing

GAMIAN is collaborating partner in the “horizontal dimension” of the Joint Action. This means in particular to be a member in the Advisory Committee which will be created and will meet once or twice per year. This approach reflects the understanding that the Joint Action will be primarily a process addressing Ministries of Health of EU-Member States, but at the same time the need to involve NGOs and patient organisations as well as the added value of an interface with regional and local expertise.

Membership in the advisory committee means to be updated on the progress of the JA, and the possibility to advise on its implementation. Further stakeholders may be invited to participate in the advisory committee with a nonformal status. The status as a collaborating partner does not exclude further involvement, as agreed with Work Package leaders, in specific work packages.

Gamian was invited to participate at the meetings of the Governmental experts on Mental Health and Wellbeing and actively participated in:

- WP 4: Taking evidence-based action against depression, including actions to prevent suicide. E-health
- WP 5: Managing the evolution towards community-based and socially inclusive approaches in mental health

Since October 2013, Gamian-Europe has a website page (public - open to everybody but with restricted possibility to post messages)

The GAMIAN-Europe Communication strategy: Start of the Gamian-Europe FACEBOOK PAGE

This Facebook page has the aim to reflect what is going on:

- Within Gamian (information)
- What Gamian members are doing (exchange: people in one country can see what the colleagues of another country are doing and find inspiration...)
- What is happening on the European scene

The Facebook page is updated on a regular base. Can be done by all staff and board members.
The WHO European Mental Health action plan and the European Mental Health Strategy

Gamian Europe was member of the WHO workgroup that prepared a European Mental Health Strategy.

In November 2013 a Mental Health action plan was adopted by the European Member states of WHO. Gamian as a representative of selected nongovernmental organizations (NGOs), including service user and family representatives, professional associations and intergovernmental organizations contributed actively in the consultations and discussions both on the WHO Global Mental Health Action Plan and the European Mental Health Action Plan. Gamian had also an opportunity to discuss progress made in implementation of mental health related activities in the European Region as well as possible future actions.

The EC research projects on mental Health

In 2013 GAMIAN negotiated with 3 starting research projects:(2014/2016)

- ROAMER (active participation in advisory board) Travel and accommodation covered by Roamer
  From 2014 on, Gamian will be partner in following FP7 projects:
  - MOODFOOD (Multi-country cOllaborative project on the rOle of Diet, FOod-related behaviour, and Obesity in the prevention of Depression)
  - E-COMPARED (European-COMPARative Effectiveness research on online Depression)
  - MASTERMIND (MAngement of mental health diSorders Through advancEd technology and seRvices – telehealth for the MIND)
Representation and active involvement in:

The role of Gamian consist in patient representation in steering committee of the project, involving patient participating in research activities and in dissemination of the results of the research.

**January**
- EGAN/Roche strategy workshop on Sustainable Healthcare (Paul Arteel)
- EPF E-Health conference (Pedro Montellano, Paul Arteel and Yoram Cohen)
- RIZIV-UNAMI: Mental Health and Work (Paul Arteel)

**February**
- Schizophrenia Policy Initiative (Paul Arteel)
- European Medicines Agency: EU Regulatory workshop on Medication Errors (Paul Montellano)
- ROAMER (Paul Arteel)
- Meeting of the group of experts on Mental Health and Well being (Pedro Montellano)
- PARADISE (Paul Arteel)

**March**
- Meeting of the group of experts on Mental Health and Well being (Pedro Montellano)
- patient advocacy Group (Pedro Montellano and Paul Arteel)
- Workshop on Depression on the Workplace of the Steven Hughes interest group (Rebecca Muller and Pedro Montellano)
- International Experience Exchange for Patient Organizations for the sharing of skill and expertise (Paul Arteel)
- Social Media workshop – Ogilvy (Paul Arteel and Pedro Montellano)

**April**
- Joint Action (WP5) (Paul Arteel)
- Joint Action (WP4-) (Pedro Montellano)
- EUPATI conference (Paul Arteel)
- ADHD White paper launch (Pedro Montellano)
- EPPOSIU Programming Day (Pedro Montellano and Paul Arteel)
- EFPIA Think Tank (Paul Arteel)

**May**
- European Patients Forum Conference “Towards Active Patient Involvement” (Pedro Montellano and Paul Arteel)
- European Conference Healthy Brain, healthy Europe (Paul Arteel & Pedro Monrellano)
- EUFAMI Conference “A perfect vision for mental health 2020” (Pedro Montellano and Paul Arteel)

**June**
- Expert round table on ADHD
- EFPT Forum 2013 “Cooperation in Psychiatry” (Paul Arteel)

**July**
- Patient advocacy Engagement Workshop (Paul Arteel and Pedro Montellano)

**September**
- Workshop ‘Health, social investment and patient involvement, European Health Forum Gastein (Rebecca Muller)
- International working group on social inclusion in schizophrenia (Paul Arteel and Monika Nemanyte)
- Patient-MedTech Dialogue (Paul Arteel)

**October**
- ECNP conference
  - Collaborative forum
  - Press briefing on Classification and diagnosis in psychiatry
  - Depnet & Expert platform meeting
- WHO Mental Health Conference (Paul Arteel)
- Conference about Recovery, promoted by the Greek Association SOFPSI N.SERRON (Pedro Montellano)
- Lithuanian Presidency Conference (Paul Arteel)
- Fit For Work Summit (Paul Arteel)

**November**
- Patients-Medtech Dialogue meeting
- EPA 30th Anniversary symposium (Pedro Montellano)
- Expert Platform on Depression (Dolores Gauci and Paul Arteel)
- Meeting of the group of experts on Mental Health and Well being (Paul Arteel)
- ROAMER (Paul Arteel)

**December**
- European Medicines Agency: annual Training session for patients ((Pedro Montellano and Katarina Nomidou)
- European Medicines Agency: PCWP meeting (Pedro Montellano and Katarina Nomidou)
The annual general assembly was held in Vilnius on 21st September

22 full members and two individual members attended, representing 21 European countries.

The following new members were accepted unanimously by the General Assembly:
1. ALTRA, Slovenia
2. HAFAL, UK (Wales)
3. Cork Mental Health (Ireland)
4. Bipolar Foreningen, (Norway)
5. Solidarité Santé Mentale, (France)
6. ADHD Europe
7. Norwegian Angst

The board report and the financial report were discussed and accepted

Board elections

Due to resignation of the Past President, Dolores Gauci, there were two vacancies to be filled on the Board. There were two candidates to join the Board: Jacinta Hastings and Yoram Cohen.

Both candidates are approved unanimously to join the Board of GE. They will complete the term

Financial report

<table>
<thead>
<tr>
<th>financial year</th>
<th>Result 2012/2013</th>
<th>Budget 2013/2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>membership</td>
<td>32.385,00</td>
<td>38.400,00</td>
</tr>
<tr>
<td>grants</td>
<td>120.000,00</td>
<td>160.000,00</td>
</tr>
<tr>
<td>various</td>
<td>8.697,38</td>
<td>25.000,00</td>
</tr>
<tr>
<td>income</td>
<td>161.182.38</td>
<td>223.400,00</td>
</tr>
<tr>
<td>projects</td>
<td>88.692.25</td>
<td>122.822,50</td>
</tr>
<tr>
<td>Purchase of services</td>
<td>80.384,57</td>
<td>97.885,00</td>
</tr>
<tr>
<td>administration</td>
<td>1.8622,44</td>
<td>2.075,22</td>
</tr>
<tr>
<td>expenses</td>
<td>170.939,26</td>
<td>222.782,70</td>
</tr>
<tr>
<td>result</td>
<td>-9.756,41</td>
<td>617,30</td>
</tr>
<tr>
<td>Previous year</td>
<td>-15.000</td>
<td></td>
</tr>
</tbody>
</table>

Overall Gamian-Europe remained within the budget, except in the Convention expenses.

Gamian-Europe lost some funders, such as BMS that is no longer active in the mental health sector. The loss in the budget is due to the fact that a project funded by the Expert Platform on Depression was not realized.

Gamian-Europe had already done much work on a project regarding information dissemination on depression to patients, but then the Expert Platform started a restructuring process and the money that was promised never came in.

From now on Gamian-Europe will only start working on projects if the funds are received in order to avoid this kind of problem in the future. This project should have brought in 20.000 euro and Gamian-Europe will try to get half of it paid.

Pfizer and Lilly did not commit for core sponsorship in 2013.

During this financial year GE was confronted with cash flow problems: In October 2012 Gamian-Europe had to take a loan (no costs) and postpone the payment of Paul and Christine. This new financial year started the same problems raise: a credit was negotiated with ING bank (20.000 €),

The objective will be to build up a reserve fund in future. For this reason we will be stricter regarding expenditure (try to cuts costs and expenses as much as possible).

The financial report was approved with 20 votes, 2 abstentions 2 against.
Gamian is supported by GSK, Janssen and Lundbeck The 2013 Vilnius convention was co-financed by Lundbeck ECNP, Lilly, Roche, Shire, Takeda and Otsuka offered financial support.