



# GAMIAN -Europe Annual Report 2014

## Foreword

by Pedro Montellano, president

This past year has been a very intense period of advocacy and raising awareness about the unmet needs of the people with mental health problems.

GAMIAN-Europe was represented in several initiatives with a diversified set of stakeholders on the mental health field, covering a wide spectrum of themes about different types of mental illnesses, presenting the patient's perspective and contributing to the implementation of more patient centric mental health policies.

A challenge was launched to the other stakeholders in several occasions, the challenge of "Collaboration": Patients and Families organisations, Academia, Professionals, Industry and others stakeholders participate often in meetings together and have some interactions, but they don't really do work together side by side, they don't develop common projects. In the case of mental health I believe this would be essential to guarantee effectively a holistic approach to treatment as well as an empowerment of the persons involved and a positive effect on stigma.

The annual Convention was held in Budapest and as it has been happening over the years, was a very special moment to all the members. Besides the interesting presentations of the invited keynote speakers, the presentations and examples of good practices presented by our members were very inspiring.

The activity of the Interest Group on Mental Health and Well-being was conditioned by the elections for the new European Parliament and only two meetings were held. Nevertheless a very hard work was done to assure the

continuity of the participation of the MEP's in the "new Parliament", what was achieved with great success.

GAMIAN-Europe continued successfully its involvement in three EC research projects on having already produced some reports and newsletters.

The participation in the EU Joint Action on Mental Health and Wellbeing has been also very positive.

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

It was a year of really hard work with very positive results and I'm truly convinced it contributed to strengthen GAMIAN-Europe and the voice of people affected by mental Health problems in Europe.

### Board Composition

In 2014 the board members were:

#### Board of Directors

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

#### Members:

Bert Aben (Netherlands)  
John Bowis (United Kingdom)  
Yoram Cohen (Israel)  
Jacinta Hastings (Ireland)  
Ausra Mikulskienė (Lithuania)  
Raluca Nica (Romania),  
Aikaterini Nomidou (Greece)

#### Staff:

Paul Arteel, Executive Director  
Christine Marking, European Relations Policy-Advisor

**A new board (2015-2016) was elected at the GA (see page 9 of this report)**



## The ENCP Press Award 2014



At the Gala dinner at the end of the Gamian-Europe 2014 convention, Prof Joseph Zohar handed over the first Eexpert platform Depression Media CNP press award to dr.András Becker.



# Annual Convention Budapest on Schizophrenia and Attitude Ambassadors

September 2014



Kristjan Meurman (Finland) performing at the Gala Dinner



## Convention Programme:

Convention venue: [Radisson Blu Beke Hotel Budapest.](#)

### Thursday 18 September 2014

20:00: GAMIAN-Europe Good Practice Award

### Friday 19 September 2014

**Silvana Galderisi**, Psychiatrist (Italy) presenting the document "Time to Commit to Policy Change on Schizophrenia"

Patient speakers commenting on the Schizophrenia Report (2013)

- **Muazzez Merve Yüксе & Haldun Soygür** – Blue Horse (Turkey)
- **Jelmer Abrahams** – An Open Mind Experience (Netherlands)
- **Dr. Harangozo, Judit, MD.** : Hearing Voices or a New Look at Schizophrenia (Awakenings (Hungary))

**Paul Arteel**: Schizophrenia: Social Exclusion and Stigma: first results of the inclusion and support questionnaire

Open forum for GAMIAN-Europe members. exchanges on schizophrenia (good practices)

Evening: Sightseeing tour on land and water (boat trip dinner)

### Saturday 20 September 2014

- **Hakan Wingren** (Sweden), Attitude Ambassador
- **Kristian Meurman** (Finland), Goodwill Ambassador for Finnish Central Association for Mental Health
- **Rebecca Mueller** (Belgium), on the Human Library Project
- The Hungarian Experience: The Way we See Mental health.

Report on GAMIAN-Europe involvement in EC Research projects

Conclusions

Evening (gala dinner) Expert Platform on Depression Media Award 2014  
Performance of **Kristian Meurman** (Finland): artist and speaker on 20/09..



*All presentations are downloadable on the GAMIAN-Europe website.*

[www.gamian.eu](http://www.gamian.eu)

# Meetings of the Interest Group on Mental Health, Wellbeing and Brain Diseases



## European Parliament Interest Group on Mental Health, Wellbeing and Brain Disorders Re-established

Before the European elections, GAMIAN-Europe already approached the co-chairs of the Group, asking them if they would be willing to continue their work, if re-elected and all 5 MEPs agreed.

Unfortunately, Antonyia Parvanova MEP was not re-elected. She was the first MEP supporting the idea of an Interest Group in 2009, and GAMIAN-Europe would like to thank her again for her efforts and work on behalf of people with mental health problems.

Mrs Françoise Grossetête resigned from the Interest Group, due to other responsibilities; MEPs Nessa Childers (IRL – socialist group), Marian Harkin (IRL – liberal) and Jean Lambert (UK-greens) were willing to continue, and meanwhile, Cristian Silviu Busoi (RO-centre right) has joined the team of co-chairs as well.

GAMIAN-Europe will continue to coordinate the Interest Group, and has put forward a number of topics for future meetings, including community care, depression, mental health in children and adolescents and others.

For more information: Christine Marking, [cmarking@skynet.be](mailto:cmarking@skynet.be)

11<sup>th</sup> February: Alcohol and Mental Health, the EU Response

19<sup>th</sup> November : Mental Health and Societal Integration : Work and Community

*All presentations downloadable on the [GA%IAN-Europe website](#)*

### 11<sup>th</sup> February: Alcohol and Mental Health, the EU response

The Link between Alcohol and Mental Health

*Prof. Geert Dom, University of Antwerp*

Alcohol and Mental Health: What Does it Mean for Patients?

*Paul Arteel, GAMIAN-Europe*

Overview of current and future EU Action on alcohol

*Attila Balogh, European Commission, DG SANCO, health determinants unit*

Responses by MEPs: *Claudette Abela Baldacchino Malta*

### 19th November: Mental Health and Societal Integration Work and Community

**Welcome and Introduction** *Nessa Childers MEP*

**Mental Health Index and White Paper:**

Mental health and integration: Provision for supporting people with mental illness: A comparison of 30 European countries

*Paul Kielstra, Economist Intelligence Unit*

**GAMIAN-Europe survey :**

Mental Health and Employment :*Paul Arteel, GAMIAN-Europe*

**Response:**

Professor Peter Huxley, University of Bangor (UK)

Pedro Montellano, GAMIAN-Europe

Dr Slawomir Murawiec, "Dialogue" Therapy Centre, Warsaw

Kevin Jones, EUFAMI

**Conclusions:** *Nessa Childers MEP*

### European elections

GAMIAN-Europe prepared an election Manifesto which was sent to all elected MEPs; this listed a number of interesting statistics underlining the importance for EU and national policy development to take account of mental health. It called on MEPs to help

- Ensure that patients are at the centre of all aspects of healthcare provision;
- Improve the availability, accessibility, and quality of treatment for all mental health problems;
- Improve training, education and understanding of mental illness of (health) professionals;
- Increase awareness, knowledge and understanding of mental health problems;
- Reduce stigma, prejudice, and discrimination in relation to mental health problems;
- Develop and enforce the rights for those affected, e.g. access to appropriate treatment;
- Enable patient groups to collaborate with health professionals, policy makers, academics, and other relevant health and social stakeholders.

The Manifesto was sent to all elected MEPs by the GAMIAN-Europe secretariat, and GAMIAN-Europe members were approached to do the same. A special briefing was developed for members, and a template letter was prepared which could be adapted and sent to the MEPs from their respective countries.

Specific efforts were made by the GAMIAN-Europe secretariat to send congratulatory letters to all returning MEPs which supported mental health issues in the previous Parliament.

### New European Commission

A new College of Commission took office on 1 November. GAMIAN-Europe worked with MEPs to ask the candidate Commissioners questions on mental health and their intended actions in this field.

Furthermore, GAMIAN-Europe prepared letters for new Commissioners Vytenis Andriukaitis (health) and Marianne Thyssen (social affairs), congratulating them on their appointment and taking the opportunity to highlight the issues that concerns us most.

### Responses to policy documents and developments

#### EU campaign: 'healthy workplaces manage stress'

GAMIAN-Europe responded to a European Commission campaign to combat stress at work. As a result, we were invited to become a formal campaign partner, which will enable us to raise awareness of mental health in the workplace in a wider sense?

#### Commission Communication on effective, accessible and resilient health systems

This Communication aimed to show the Commission's commitment to support member states in their efforts to ensure the sound functioning of health systems, for all those that are in need of treatment and care.

While the Communication contained many positive notions, GAMIAN-Europe took the opportunity to underline the specific issues that concern us, in order to ensure appropriate attention for mental health in future EU-level health initiatives. Our response focused on the need for supporting societies, the need to take account of patient experience to support design, development, implementation and evaluation of health systems, the need for more data on effective and preferred

(mental) health service, the need for improved access to services for those affected by mental health issues and the importance of tackling stigma. GAMIAN-Europe also called on the newly appointed Expert Panel on Effective Ways of Investing in Health to have specific attention for the special requirements and issues of the area of mental health

GAMIAN-Europe was invited to participate in the major European event on 'Assessing progress in integrating depression in the EU occupational health and safety legislation' on Tuesday 8 April 2014. Rebecca Muller provided a Good Practice example.

Depression and its impact on the person and the workplace as well as on European society at large must be tackled effectively, and the EU has the policy instruments available to curb its burden.

#### The Economist's Conference 'The Global Crisis of Depression'

John Bowis, board member represented GAMIAN-Europe at this major international conference in London on 25<sup>th</sup> November. Also there in the Canadian delegation was William Ashdown of the Mood Disorders Society, who has attended GAMIAN-Europe conferences.

The opening speaker was Kofi Annan, the former United Nations Secretary-General, who called for mental health to be included in the successors to the Millennium Development Goals, that are now being drafted and which will come into force from 2015. The closing speaker was Alastair Campbell, who spoke of his own experiences living with depression. In between we had a series of excellent speakers and panellists and audience discussion and debate. Speakers included three Health Ministers from the UK, Denmark and Sweden, talking of new initiatives and targets in their respective countries. One of the new UK targets is to be a maximum of two weeks to be referred to a specialist. Afterwards Alastair and I agreed to co-sign a letter to the press, saying this was far too long and referrals when necessary should be immediate.

[Read more on the GAMIAN-Europe website.](#)

# GAMIAN-Europe 2014 Awards

2014 AWARDS



## Good Practice Award

**KOLUMBUS** Czech Republic



## European Award

**Dr Stephen BEVAN**, Centre for Workforce Effectiveness at The Work Foundation and an Honorary Professor at Lancaster University.

### KOLUMBUS

**KOLUMBUS**  
Czech Republic

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### DR STEPHEN BEVAN

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## Good Practice Award

The GAMIAN-Europe Good Practices Award was created by 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 2014 good practice award went to the association KOLUMBUS.

The project started in September 2010. The aims are to provide help to people with mental health problems in psychiatric hospitals. Before and after release from hospitals. To help them to connect to the normal life. It is additional to our larger long term project Patient Trustees, in which users help patients in psychiatric hospitals. This project is part of our Civic association KOLUMBUS from 2004. The aim of the project is to protect rights of mentally disabled in Czech Republic and to improve life of users. The innovation of the project Psychiatric cell is that from 2013 it is the whole Czech Republic project. It is in cities like Brno or Olomouc and not only in Prague.

The vision of the project is to provide help by users to the patients who seek and need help. Because every person who seeks help can be helped. Target group: mentally ill people from psychiatric hospitals Age: 18-70 People who are before or after release from hospital. The project is organized by patients, volunteers and also psychiatrists in hospitals. Psychiatrists select persons who needs help. Who needs for example escort to the bank, post, home. Psychiatrist call Psychiatric cell coordinator Daniel Černík and he calls user-supporter, who gives escort to the patient. Then he escorts patient back to the hospital.

## European Personality Award

Stephen is Director of the Centre for Workforce Effectiveness at The Work Foundation and an Honorary Professor at Lancaster University.

Stephen has a special interest in workforce health and wellbeing, leading a number of national and international projects focusing on workforce health and the impact of chronic illness on productivity and social inclusion. He has conducted research on the employment impact of depression, anxiety and schizophrenia and has campaigned for more active employment support for people living with mental illness.

Stephen has been prominent in raising awareness of the need for 'Good Work' as a driver of positive mental health. He is an advisor to a number of UK government departments and has advised employers and policymakers in Europe, Asia-Pacific, Australasia and North America.

In 2014 he was named the 6<sup>th</sup> most influential HR thinker in the UK.

Stephen is a reviewer for several academic journals, including The Lancet, a regular columnist for HR Magazine, a judge at the Global Healthy Workplace Awards and is a member of Public Health England's Health & Work Advisory Board, the Health and Work Group of the Public Health Responsibility Deal and the British Society of Rheumatology International Strategy Group. Stephen is Chair of the UK Fit for Work Coalition and Director of The Work Foundation's Health at Work Policy Unit.

# The Gamian-Europe Questionnaire on Inclusion and Support of People with Mental Illness

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, Wellbeing and Brain 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 2014 GAMIAN-Europe has set up a survey on the inclusion & support of people with mental illness

The questionnaire can be downloaded here: [questionnaire exclusion 2014](#)

The first results were discussed at the convention 2014 in Budapest.

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

## The EC Research Projects on Mental Health

Since 2013 GAMIAN-Europe is a member of the stakeholders advisory board of ROAMER (active participation in advisory board)

In 2014 Gamian-Europe became 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)  
Rebecca Mueller attended the kick-off meeting in Amsterdam (January)
- **E-COMPARED** (European-COMPARative Effectiveness research on online Depression)  
Christine Marking participated in the meetings of January (Amsterdam) and October (Valencia)
- **MASTERMIND** (Management of mental health disorders Through advanced technology and services – telehealth for the MIND)  
Pedro Montellano was at the kick-off meeting in March in Badalona, Paul Arteel attended the consortium meetings in Amsterdam (June) and Edinburgh (December)

A newsletter and a webpage was issued for each of the project.

Available at [www.gamian.eu](http://www.gamian.eu)

## GAMIAN-Europe at The ECNP Congress (Berlin, October 2014)

GAMIAN-Europe was invited for the first time to have a booth at the Exhibition area of the 27th Congress of the European College of Neuropsychopharmacology (ECNP), that was held between the 18th and the 21st of October 2014.

Aušra Mikulskienė and Pedro Montellano were the two Board members that represented GAMIAN-Europe at the occasion.

This very important Congress is organised every year and is a major event with more than 5.000 participants in the recent past editions, mainly psychiatrists, neurologists and psychologists.

In the exhibition area there were the pharmaceutical companies with very sophisticated booths and the small stands of organisations such as GAMIAN-Europe, EUFAMI, EBC or CINP.

Many delegates used to come to the exhibition area during the breaks when they had time to take a look around.

GAMIAN-Europe's booth was next to the lunch area and we received several visits at that time of the day.

We were able to explain to several people that come to us asking who we are and what we do, what is GAMIAN-Europe's role and aims.

We also give to visitors the brochure and the Activity Reports.

Some people approached us suggesting a possible way of collaboration, but nothing in concrete was settle.

GAMIAN-Europe presented also a poster that was shown according to the rules settle by ECNP which draw some attention and questions from the visitors.

It was a very interesting and positive journey where we raise awareness for the patient's perspective to an audience of mental health professionals.

## The GAMIAN-Europe Communication Strategy: Update of the GAMIAN-Europe Website

[www.gamian.eu](http://www.gamian.eu)

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

The website has the aim to reflect what is going on

- Within GAMIAN-Europe (information)
- What GAMIAN-Europe 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 website is updated on a regular base.

DO WHAT YOU CAN, WITH THAT WHAT YOU HAVE, WHEREVER YOU ARE

MENTAL HEALTH  
KEEP TALKING ABOUT IT

GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe), a patient-driven pan-European organization, represents the interests of persons affected by mental illness and advocates for their rights. Its main objectives are: advocacy, information and education, anti-stigma and discrimination, patients' rights, co-operation, partnerships and capacity building.

# Representation and Active Involvement in:

The role of GAMIAN-Europe consist in patient representation in steering committee of the project, involving patient participation in research activities and in dissemination of the results of the research. (to be completed)

## January

Moodfood Kick Off meeting Amsterdam (Rebecca Muller)

E-Compared Kick Off meeting Amsterdam (Christine Marking)

## March

Kick off meeting Mastermind Badalona (Pedro Montellano)

## April

Chronic Diseases summit Brussels (Christine Marking)

EPPOSI General Assembly (Paul Arteel)

## May

European Patients Forum AGM (Pedro Montellano)

Joint Action Governments Experts Meeting In Luxemburg (Pedro Montellano)

Horizon 2020: EBC Brussels (Paul Arteel)

Health First Europe Brussels (Paul Arteel)

EBC Workshop in Brussels (Paul Arteel)

## June

EFPT Forum 2014 London (Paul Arteel)

## August

EMA (Rebecca Mueller)

## September

International Working Group on Social Inclusion in Schizophrenia in Washington (Paul Arteel)

## October

ECNP conference in Berlin (Pedro Montellano and Ausra Mikulskiene)

EPPOSI General Assembly in Brussels (Paul Arteel)

ADHD Brussels (Paul Arteel)

## November

Union of International Associations (UIA) Round Table Europe 2-day event in Dublin (Jacinta Hastings).

HealthFirst Europe Anniversary Brussels (Paul Arteel)

The economist "Depression" London (John Bowis)

EMA: London (Hilkka Karkainen)

SHIRE meeting on ADHD Brussels (Pedro Montellano)

Danish Ambassador round table on Depression and Work Brussels (Paul Arteel)

Patient advocacy Work Group in London (Yoram Cohen)

## December

Training session for Patients and Consumers (EMA) in London (Hilkka Karkainen)

EPF Workshop on Access to Treatment in Brussels (Jacinta Hastings)

Consortium Mastermind Meeting Edinburg (Paul Arteel)

Roamer Stakeholders Advisory Board in Barcelona (Paul Arteel)

STRAMEHS conference in Vienna (Pedro Montellano)



Gamian-Europe booth at the ECNP congress in Berlin

# Corporate information

## The annual general assembly was held in Budapest on 20<sup>th</sup> September 2014

22 full members and 3 individual members attended, representing 20 European countries.

The following new members were accepted unanimously by the General Assembly:

1. Encontrar Se (Portugal)
2. Eutimia (Portugal)
3. ADHD Hellas (Greece)
4. Schizofrenia Federation Turkey (Turkey)

The board report and the financial report were discussed and accepted

## Board Elections

The following persons were candidates and presented themselves to the GA

1. Bert Aben, VMDB (Netherlands)
2. John Bowis, individual member (UK)
3. Yoram Cohen, Enosh (Israel)
4. Jacinta Hastings, individual member (Ireland)
5. Hilikka Karkkainen, individual member (Finland)
6. Ausra Mulkiskiėne, Club 13&Co (Lithuania)
7. Pedro Montellano, EUTIMIA, (Portugal)
8. Rebecca Müller, Ups & Downs (Belgium)
9. Raluca Nica, Romanian League for Mental Health (Romania)
10. Aikaterini Noumidou, SOPSI Serron (Greece)
11. Hakan Wingren, BALANS (Sweden) – new
12. Patrick Jeannot, France – new
- 13.



## Financial report financial year July 2013/June 2014

	Result 2013/2014
membership	34.590,00 €
grants	138.702,00€
various	10.584,00 €
<b>income</b>	<b>183.876,00 €</b>
projects	61.519,00 €
Purchase of services	108.571,00
administration	7.599,00 €
<b>expences</b>	<b>177.691,00 €</b>
<b>result</b>	<b>6.185,00 €</b>

## Funding: Calendar Year 2014

Corporate members 2014 (4.900 €)  
Janssen  
Lilly  
Lundbeck  
Shire  
ECNP

Core Funding 2014 (incl corporate membership)

Janssen: 40.000 €  
GSK: 25.000 €  
Lundbeck 25.000 €

Project funding 2014

Takeda: 6.000 €  
Roche: 7.500  
Teva: 45.000 €  
ECNP: 9.500 €

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

Therefore the General Assembly decided not to have a full convention each year. This means that GAMIAN-Europe will organize the convention every 2 years and have 1 Regional Seminar in the year that there is no convention. GAMIAN-Europe is legally obliged to have one General Assembly per year. That means that in the year of the Regional Seminar, which is only limited to 25 delegates from a given region, all delegates will be invited to come to Brussels for a General Assembly Meeting.

The General Assembly decided to increase the membership fee from 125€ to 150 € (to 200 € after the 1st of April) to decrease the annual gap income/expenses. The general assembly also decided to increase the Convention Registration from 30€ to 50€

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

The financial report was approved with 20 votes and 2 against.

# GAMIAN- Europe Annual Report 2014

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Gamian-Europe is supported by GSK, Janssen, Shire and Lundbeck  
The 2014 Budapest convention was co-financed by TEVA, Roche and ECNP  
ECNP, Lilly, Roche and Takeda offered financial support.

The TEVA logo consists of the word 'TEVA' in a bold, green, sans-serif font, enclosed within a white rectangular border.