

## Mental health responses in adversities and emergency settings: Strengthening the response

Report on the WPA-citiesRISE meeting hosted by the Juan José López-Ibor Foundation  
Madrid, Spain, 8<sup>th</sup>-9<sup>th</sup> March 2018

### 1.0. Objectives

This meeting brought together for the first time, key individuals in leadership positions from the World Psychiatric Association, citiesRISE and the Juan José López-Ibor Foundation.

The objectives of the meeting were:

1. To progress the broad strategic themes within the WPA Action Plan, of responding to the mental health needs of young people in settings of emergencies and other adversities, especially in working out the path to implementation (described initially as the WPA Alliance program.)
2. To present the goals and the strategy of implementation of the citiesRISE platform, and to describe the history and activities of the Juan Jose Lopez Ibor Foundation (the Foundation.)
3. To plan and describe the necessary actions, people, resources and knowledge required to move ahead with developing the WPA + citiesRISE partnership as the framework for action, in collaboration also with the Juan José López-Ibor Foundation, beginning with initiating the WPA + citiesRISE partnership for strengthening mental health responses in emergency and adversity settings.

Key reference papers provided for the meeting participants were:

- World Psychiatric Association Action Plan, 2017-2020
- *Meeting the mental health needs of people in conditions of emergency and adversity: A Strategic Partnership between the World Psychiatric Association and citiesRISE*
- *Mental health responses to emergencies, disasters and violent conflicts: Strengthening the response. A concept paper by the World Psychiatric Association.*
- A literature review on mental health responses to emergencies, disasters and violent conflicts.

The purpose of this report is to document the participants, agenda, summary content, directions and actions agreed through the meeting. It is not intended to be a set of minutes or detailed notes.

### 2.0. Participants

The list of participants in the meeting (in order of registration) is as follows:

| PARTICIPANTS                          |                                                                                                                                                                                  |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HELEN HERRMAN ,Melbourne (Australia)  | <a href="mailto:h.herrman@unimelb.edu.au">h.herrman@unimelb.edu.au</a>                                                                                                           |
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|                                                     |                                                                                                            |
|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------|
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| <b>LILIANA PATARROYO</b>                            | <a href="mailto:El.patarroyo@uniandes.edu.co">El.patarroyo@uniandes.edu.co</a>                             |

### 3.0. Meeting agenda

The program for the meeting was as follows:

| <b>Day 1 – Thursday 8<sup>th</sup> March 2018</b> |                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00 am                                           | Transfer from the hotel to the Foundation                                                                                                                                                                                                                                                                                                                        |
| 9:30 - 10:00am                                    | Coffee/tea                                                                                                                                                                                                                                                                                                                                                       |
| 10:00 - 11:30am                                   | <ul style="list-style-type: none"> <li>Welcome, acknowledgements and introductions</li> <li>Introduction to the work of the Juan Jose Lopez-Ibor Foundation</li> <li>Literature review; Key insights, messages and possible interventions</li> </ul>                                                                                                             |
| 11.30 - 12.00pm                                   | <i>Break</i>                                                                                                                                                                                                                                                                                                                                                     |
| 12.00 - 13.30pm                                   | <ul style="list-style-type: none"> <li>Setting the scene - Purpose, objectives and background to the meetings</li> <li>Results – What we wish to achieve during this meeting and workshop</li> <li> <ol style="list-style-type: none"> <li>WPA Action Plan; strategy, themes and projects</li> <li>Introduction to the work of citiesRISE</li> </ol> </li> </ul> |
| 13.30 – 14.30pm                                   | <i>Lunch</i>                                                                                                                                                                                                                                                                                                                                                     |
| 14.30 – 16.00pm                                   | <ul style="list-style-type: none"> <li>WPA + citiesRISE Partnership concept, objectives, implementation, location</li> </ul>                                                                                                                                                                                                                                     |
| 16.00 – 16.30pm                                   | <i>Break</i>                                                                                                                                                                                                                                                                                                                                                     |
| 16.30 – 18.00pm                                   | <ul style="list-style-type: none"> <li>WPA + citiesRISE Partnership; background, aims and projected results</li> </ul>                                                                                                                                                                                                                                           |
| 18.30pm                                           | Transfer to the hotel                                                                                                                                                                                                                                                                                                                                            |
| 20:30pm                                           | Dinner at “Arroceria La Casa de Valencia” (600m walking distance from the hotel)                                                                                                                                                                                                                                                                                 |

| <b>Day 2 – Friday 9<sup>th</sup> March 2018</b> |                                                                                                                    |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| 08:30                                           | Transfer from the Hotel to the Foundation                                                                          |
| 9:00 - 9:15am                                   | Coffee/tea                                                                                                         |
| 9:15 - 10:30am                                  | <ul style="list-style-type: none"> <li>Welcome and recap of Day 1</li> <li>Literature review: follow-up</li> </ul> |
| 10.30 - 11.00am                                 | <i>Break</i>                                                                                                       |

|                 |                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11.00 - 13.30pm | <ul style="list-style-type: none"> <li>Working session on the key ingredients required to establish the WPA+citiesRISE Partnership</li> </ul>                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                 | <b>Key Areas</b><br>1. Human rights<br>2. Health systems<br>3. Community systems                                                                              | <b>Discussion Points</b><br>- What information and knowledge do we require?<br>- What are key interventions and outcomes. In emergencies, post-conflict and other adverse settings?<br>- What is needed for local adaptation?<br>- Who are the key contacts and collaborators?<br>- How do we envision the initiative in practice?<br>- What are the critical success factors?<br>- How can the initiative be sustained?<br>- What resources will be required?<br>- Others? |
| 13.30 – 14.30pm | <i>Lunch</i>                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 14.30 – 16.00pm | <ul style="list-style-type: none"> <li>Working session continued</li> <li>Sharing and discussion of key themes and topics arising from the session</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 16.00 – 16.30pm | <i>Break</i>                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 16.30 – 18.00pm | <ul style="list-style-type: none"> <li>Summary and actions from the two days as a whole</li> <li>Conclusion</li> </ul>                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 18.30pm         | Transfer to the hotel                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 21:00pm         | Dinner for those who are still staying in Madrid at restaurant Cuenllas (750 m walking distance from the hotel)                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

## 4.0. Meeting content

### 4.1. Introductions, setting the scene and results

Steve Fisher conducted an exercise to introduce everyone to the group as a whole through their neighbors. Helen Herrman then led a session that enabled everyone to contribute their thoughts and reflections on the subject matter of the meeting and the relevance of their professional and organisational knowledge and priorities.

### 4.2. WPA Action Plan; strategy, themes and projects

Although familiar to colleagues from the WPA, this session enabled a brief introduction to the WPA Action Plan, 2017-2020, for the benefit of all participants and led by Helen Herrman. The overall trajectory of the plan, the themes within it and the emerging projects were subject to questions and discussion.

#### **Introduction to the work of the Juan José López-Ibor Foundation**

Maria López-Ibor, supported by Vincent Masetti and Driss Moussaoui, described the work of the Foundation that builds on the legacy of her father Prof Juan José López-Ibor, and her grandfather Prof Juan López-Ibor. The Foundation acts as a non-government supporter for education and publication in psychiatry. Prominent in its activities is support for the maintenance of the Foundation's library established by the López-Ibor family. The Foundation has provided significant support for the WPA's education program and wishes to be an active supporter of the WPA + citiesRISE partnership.

### **4.3. Literature review; Key insights and messages**

In a change to the planned agenda, participants agreed that it would be most appropriate to the overall flow of the meeting to discuss in this session the paper '*A literature review on mental health responses to emergencies, disasters and violent conflicts*' prepared by Maria Rodrigues with Steve Fisher and Ingrid Horton. The paper was received very favourably, along with a large number of suggestions for additional source material and relevant papers to reference within it, especially from WHO and IMC. Steve Fisher noted these suggestions.

As described in the actions from the meeting, Section 4.7., WPA will ask Maria Rodrigues to work with partners to prepare a further and publishable version of the review that will be a valuable contribution given that it fills a gap in the literature available on this subject internationally. Steve will provide support to Maria, especially through a summary of comments from participants in the meeting.

### **4.4. WPA + citiesRISE Partnership; concept, objectives, implementation, location**

In this session, Steve Fisher introduced the paper '*Mental health responses to emergencies, disasters and violent conflicts: Strengthening the response. A concept paper by the World Psychiatric Association*'. He summarised the content of the paper and provided a brief overview of its origins in discussions between Helen Herrman and Maria Inés López Ibor that started around the middle of 2017.

Having considered the paper, the meeting concluded that the WPA + citiesRISE Partnership should be a broad framework within which the WPA, citiesRISE and the Juan José López-Ibor Foundation would work together. The content of the concept paper that was the subject of this session would, in effect, be one consideration in the work to be undertaken within the partnership described in Section 4.5. and for which a 'roadmap' will be developed (see Section 4.7. for relevant actions and responsibilities).

### **4.5. WPA + citiesRISE Partnership; background, aims and projected results, including introduction to the work of citiesRISE**

Moitreyee Sinha, CEO of citiesRISE presented a comprehensive overview of the origins, governance, partners, resources and expertise that form the citiesRISE platform. She described the conceptual framework that underpins its work on mental health in urban settings, the focus it has on young people and the strategies that it is now implementing with partners in five initial cities; Chennai, Seattle, Nairobi, Bogotá and Sacramento.

citiesRISE is a global platform that takes a city-based approach to the prevention, promotion, and treatment of mental health problems. The approach convenes local communities and connects them to global ideas, insights, and resources to expand and improve their work and to develop new collaborations. Ultimately, it seeks to transform the way young people's mental health is addressed at the local, national, and international levels using cities as key drivers of change.

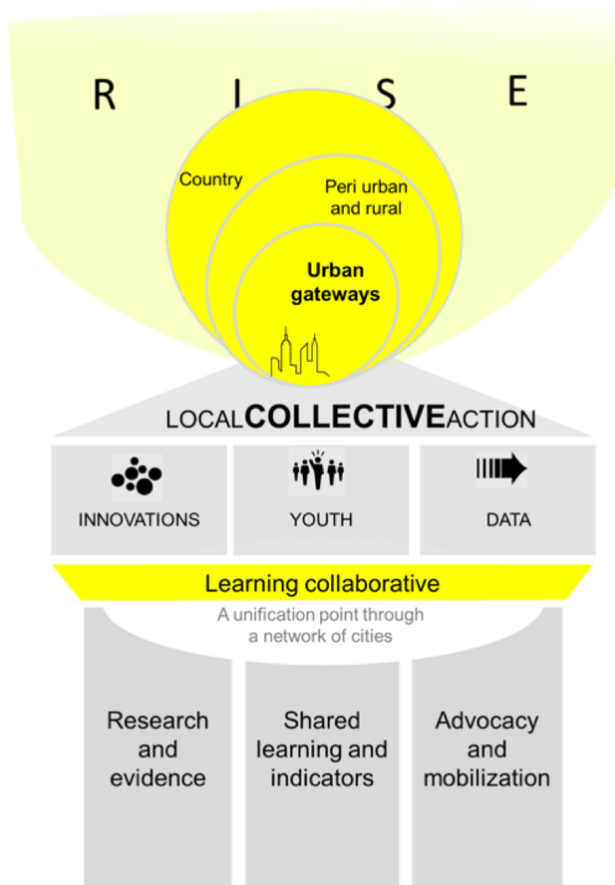


Figure 1 An overview of the citiesRISE model

that are summarised in this paper. The partnership will enable progress towards shared objectives in a way that would be much more challenging without close collaboration of this kind.

## WPA+citiesRISE Partnership

### ***Vision for collaborative action through citiesRISE platform***

A world in which young people are supported to grow up, develop resilience and lead productive lives by mainstreaming mental health across sector.

### ***WPA's role***

To optimize the use of psychiatry in responding to the mental health challenges inherent in adversities and emergencies, leveraging local collective action and a global network of cities to accelerate the uptake and spread of best approaches and practices. The partnership will advance WPA representation and work to mainstream psychiatry. This work will include a WPA global task force and its connection to local collective action through advisory support and continued activation of psychiatrists. Additionally, the WPA + citiesRISE partnership will conduct a review of evidence, that leads to publication on topics relevant to program targets.

The WPA + citiesRISE partnership will have a matrix structure that will aim to support a. those without health problems (in areas of prevention and promotion) b. those at high risk for developing mental health problems (for any reason) and c. those who are experiencing mental health problems. This partnership will act via policy and legal engagement, the health service system (particularly with

Moitreyee gave an introduction to the specific work being developed in each city and especially the priorities for local partners, based on their needs. The value of replicating and scaling proven approaches to mental health support from one location to another is particularly valuable to local partners. Examples are Friendship Bench from Zimbabwe or Drumbeat from Australia. The Learning Collaborative being developed by citiesRISE is one vehicle for building shared knowledge across the sites and making it available to a wide global audience.

Moitreyee went on to refer to another of the papers provided to the meeting participants; 'Meeting the mental health needs of people in conditions of adversity: A Strategic Partnership between the World Psychiatric Association and citiesRISE'. WPA is a founding partner of citiesRISE. The two entities are now focussing their efforts on a set of activities

mental health services) and with community agents: including those with lived experience of mental ill health, their family supporters/carers and other stakeholders. This work will be operationalized through the citiesRISE local collective action engagement and the global citiesRISE learning collaborative.

it will be important to recognize and announce the breadth of actions supported in various ways by WPA. As well as its focus on the treatment of and recovery from mental disorders, the WPA has an active interest and expertise in the prevention of mental and neurological disorders and promotion of mental health; including support to populations at high risk for mental illness, action in conditions of adversity likely to affect mental health, and support to peer and carer initiatives. The fact that WPA has an interest in dealing with the comorbidity of mental (including substance abuse) and physical disorders should facilitate a broad involvement of health services in WPA + citiesRISE partnership activities.

citiesRISE is currently focused on 5 geographies. However, the partnership with the WPA will serve to inspire work in other urban settings world wide and produce instruments and methods that can be used to promote health and wellbeing in cities and communities elsewhere.

#### **4.6 Working session on developing and implementing projects – What does an initiative from the WPA Action Plan look like in practice?**

This session formed two groups of participants with the purpose of discussing the development of projects in locations in which citiesRISE is operating; Chennai and Bogotá. Enda Egan had recently worked with partners in both cities. In the case of Bogotá, we benefitted from the presence of three participants who currently live and work there. We combined the content of this part of the meeting with the scheduled working session on the key ingredients required to establish the partnership.

To guide the discussion, the following questions were posed to the groups:

- What information and knowledge do we require?
- Who are the key contacts and collaborators?
- How do we envision the project in practice?
- What are the critical success factors?
- How can the initiative be sustained?
- What resources will be required?

Following group discussion, the participants returned to a plenary in which they shared their findings. There followed a discussion of the key themes and topics arising from the session as a whole.

#### **4.7 Key notes from session**

- Several interventions and tools were mentioned throughout the meeting such as;
  - IASC guidelines
  - SPHERE guidelines
  - STRENGTHS
  - Building Back Better (WHO)
  - WHO Quality Rights
- The importance and relevance of overall capacity building in the field of psychiatry
- WPA commitment to mental health responses in adversities and emergencies:

- To support and build the capacities and community planning resources of local, national and international actors, WPA is building a program to strengthen the contribution and availability of psychiatrists to increase community capacity to respond to mental health needs in adversities and emergencies, to be operationalized through the citiesRISE platform.
- WPA aims to build capacity in the development sector by working with partners to train and support psychiatrists to enhance their role in early action, promotion, prevention, and mainstreaming mental health, with a special focus on human rights and cultural competencies, and on tackling stigma.

#### **4.8 Key outcomes and subsequent discussions**

In its effort to mainstream psychiatry, WPA has been, and will continue to develop catalytic partnerships to support its work. Key partners are being included through the citiesRISE platform to amplify the work of WPA.

- Working with partners through the citiesRISE platform, WPA's contribution will emphasise:
  - The prevention and early treatment of mental illness and promotion of mental health, as well as collaboration to build conditions in society that support psychiatrists to contribute to community efforts in practical and creative ways.
  - Partnerships with innovators in the development and use of digital technologies in psychiatry. Technology provides opportunities to harness the energies and commitment of young people working to improve mental health in cities and their surroundings.
  - A WPA ambassador program in which select psychiatrists would be identified to engage with local collective action work in each of the select demonstration sites to represent and advise local program work.
  - A global WPA task force that advises and supports the strengthened response to mental health in adversity and emergency situations.
- A team from Dalberg Global Development Advisors will develop a WPA + citiesRISE partnership strategy. This strategy will describe and detail the theory of change of the partnership and cover the high-level objectives as well as intended outcomes and outputs, detailed activities, workplanning, and budgeting.

#### **4.9 Summary and conclusions**

Community resilience and early action are critical for responding to mental health needs in adversities and emergencies – and a graded response to the needs of people with mental ill health:

- Psychiatrists have an important role in the response as advocates, facilitators, trainers, clinicians, among others.
- WPA's work through the citiesRISE platform for children, young women and men in adversities and emergencies is a central initiative of the WPA Action Plan 2017-2020 and is a six-year commitment from the WPA to its partners working together on the platform.
- Mobilizing professional knowledge and resources within WPA and with partners including WHO regional offices provides support for the work outlined.
- Many organizations have worked for a long time to tackle global challenges in mental health that also concern WPA. Working together and choosing the best way to contribute to these efforts, we leverage new resources to serve the aims of our collective goals.

## 5.0. WPA’s action plan for next 6 years has two key areas of strategic focus

- **WPA’s Institutional work:** Strengthening capacity of psychiatry through partnerships and leveraging innovative approaches to accelerate the uptake of scientific, educational, service development and advocacy activities
- **WPA’s Development work (new initiative starting in 2017):** Mainstreaming contributions of psychiatry at the community level to respond to the needs of vulnerable populations in adversities and emergencies.
  - Play a pivotal role in shaping a collective action platform to support collaborative efforts across sectors in a fractured world. (Successfully launched “citiesRISE” in 2017 with the World Bank, IMC, NIMH, KCL, Harvard University and many other partners from the development sector)
  - Support an agenda on early action with a focus on children, young women and young men, especially the disadvantaged.

## 6.0. WPA’s three year objectives

|                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WPA Institutional Work</b>                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>• Continued development and review of undergraduate, post-graduate, and continuing education curricula                             <ul style="list-style-type: none"> <li>○ Developing Online Curricula</li> </ul> </li> <li>• Support for publications in low-and middle-income settings</li> <li>• Understanding the demographics, training, and work patterns of psychiatrists globally</li> <li>• Monitoring, evaluation, learning, and capacity development</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>WPA Development Work</b><br><br><i>A focus on critical demographic groups:</i> <ul style="list-style-type: none"> <li>• Children, young women, young men (a gendered lens aged 10-24)</li> <li>• Those living and experiencing adversity in a range of disadvantaged regions/settings</li> </ul> | <b>WPA’s development work will cut across three key systems: Legal/Policy Systems, Health Systems, Community + Social Systems. Specific efforts may include:</b> <ul style="list-style-type: none"> <li>• Strengthening response to mental health needs of those living in adversity, including adversity due to emergencies and conflicts</li> <li>• Suicide prevention - aligning with existing prevention initiatives/experts</li> <li>• Promoting mental health and preventing mental illness across sectors and systems</li> <li>• Human Rights:                             <ul style="list-style-type: none"> <li>○ Informing/Implementing CRPD</li> <li>○ Quality Rights for longstanding illness and disabilities</li> </ul> </li> <li>• Collaborative development of policy &amp; practice to support mental health work in primary care                             <ul style="list-style-type: none"> <li>○ Understanding and supporting practitioners, service users and family carers</li> </ul> </li> </ul> |

|                                        | Policy/Legal Systems | Health Systems | Community and Social Systems |
|----------------------------------------|----------------------|----------------|------------------------------|
| Total youth population                 |                      |                |                              |
| High risk population                   |                      |                |                              |
| People experiencing clinical disorders |                      |                |                              |

*Example of the development work of the WPA cutting across three key systems across populations*



## 7.0. Vision for WPA's development work and WPA role

