



THE UPDATE

BLUE PRINT GROUP

ON GLOBAL MENTAL HEALTH

News on global mental health advocacy, campaigning and messaging

July 2019

Red Crescent Draft Zero Resolution

The draft of **Red Cross mental health resolution** has recently been made publicly available on the conference webpage:

www.rcrcconference.org.

This resolution follows a formal drafting process involving only the 196 States parties to the Geneva Conventions, the 191 National Red Cross and Red Crescent Societies, the IFRC and the ICRC. However, for those BPG members connected to country governments, it would be helpful to follow up with them.

Please click the following links for the draft zero resolution "[Addressing mental health and psychosocial needs of people affected by armed conflicts, natural disasters and other emergencies](#)" and its [background document](#). The draft zero resolution is open for comments by States and National Red Cross and Red Crescent Societies until 31 July and in October the red cross will send out the final draft resolution for the 33rd International Conference (9-12 December). Even though the process is formally only involving States and the components of the Movement, the ICRC would be happy to receive BPG member's thoughts on this draft zero resolution as well.

The draft zero was discussed by States and the Movement last week in Geneva at a preparatory meeting and it was generally very well received. Many of those representing National Societies and States affected by emergencies gave examples of how this resolution could help increasing their efforts to address the existing mental health challenges.

BPG members [Anja Bjerregaard-Christiansen](#) and Dick Clomen are currently developing the mental health topic for the 33rd International ICRC Conference. The resolution, a report and voluntary pledges are the formal outcomes of the conference. Ensuring that global mental health is prominently featured in the busy agenda of this conference is an important challenge they face, with many competing subjects lined up.

One major mental health event is being prepared for the conference; a "spotlight session". This spotlight session should be as interactive and creative as possible, with a clear aim to emotionally move the diplomats and leaders in attendance, and to increase their commitment and empathy towards the issue. It will most likely focus on how to translate the resolution into concrete and sustainable action, debating one or two of the asks of the resolution. The team at ICRC also aim to integrate anti-stigma and ensure the full presence, participation and representation of voices of persons with mental health needs in emergency settings.

In addition Dick and Anja are looking to include interactive elements, to engage the some 200 observers that are invited to attend the conference. Observers can take part in the debates, make pledges and also be part of the events taking place at the conference.

Contact BPG member [Dick Clomen](#) for more information.

PMNCH Board Meeting

The Partnership for Maternal, Newborn & Child Health (PMNCH) holds its Board meeting in The Hague, Netherlands from 9 to 11 July, having made mental health a focus area.

Using the BPG's 'Time to Act' messaging, Sarah Kline (United for Global Mental Health) will stress the importance of supporting the mental health of the most vulnerable and marginalised children and mothers, especially those in humanitarian crises.

It's vital to care for caregivers not least because parental mental health directly impacts early childhood development. This is a pressing area because 15-23% of children live with a parent with a mental illness, predisposing them to having one themselves.

Sarah will appear alongside representatives from the Bernard van Leer Foundation, which focuses on global large scale action to improve the health and well-being of babies, toddlers and the people who care for them.

Addressing an audience including aid agencies, foundations and civil society groups, their recommendations will be to:

- **Deliver Universal Health Coverage** — invest in parental/caregiver and child mental health.
- **Increase aid for mental health** — support the most vulnerable and marginalised, especially those in crises.
- **Integrate mental and physical health** programmes more effectively — e.g. maternal and child health; prevention, detection and response to diseases.
- **Innovate** to cover early childhood development within child and maternal mental health services/programmes.
- **Expand research**, particularly into implementation effectiveness.

WHO epilepsy findings

On 20th June the WHO, alongside other epilepsy NGOS released [Epilepsy, a public health imperative](#), in which they found that 3/4 of people living in LMICs do not receive adequate treatment. 70% of people living with epilepsy can be seizure free if they have access to the necessary medications, which can cost as little as 5USD per year.

It was found that, as over half of people living with epilepsy have at least one other health condition, depression and anxiety are the most common; 23% of adults with epilepsy have depression, and anxiety covers 20%. Mental health conditions alongside epilepsy can increase stigma, reduce quality of life and make seizures worse. For more information please see [here](#).

Raintree Foundation

BPG member Parigya Sharma, disability and mental health program manager of the Maharashtra, India based Raintree Foundation would like to draw on the expertise of BPG members to help develop their plans for their new disability & mental health program.

[The Raintree Foundation](#) has two core focus areas- Integrated Rural Development and Disability & Mental Health. It aims to challenge the invisibility and stigma surrounding disability and mental health, and to promote mindset changes in society at large to foster equitable opportunities at work and play. Their work extends across both rural and urban geographies and they will be working towards integrating disability rights and mental health perspectives rooted in an intersectional approach.

Their key activities involve:

1. Promoting Mental Health at the workplace
2. Increasing accessibility of online resources for persons with disabilities
3. In a first of its kind accessible tourism initiative in the country, the project villages will be developed into an inclusive rural tourism hub, while also encouraging women and persons with disabilities from the rural community to be equal participants in and potentially lead the initiative. This includes conducting awareness, sensitization and capacity building activities for all stakeholders in the rural community on disability and mental health in order to create a conducive and sensitive environment for the tourism hub.
4. Establishing a consortium of philanthropists and funders to encourage more investment for disability and mental health related work

Recently joined member organisation, the Raintree Foundation has asked for fellow BPG members to [get in contact](#) with any information and ideas that will help them to develop their plans for their key activities.

Universal Health Coverage

Persuading health policy makers to prioritise mental health as they create their national health policies for the next 10 years+ is a key priority for the work of the BPG. The BPG has released a paper on Universal Health Coverage and mental health to address this, ahead of a global meeting on this issue at the UN General Assembly in September 2019, where countries will make statements on their

future health plans and donors will announce their support. BPG members are encouraged to continue to share the briefing and talk to member states as the negotiations go forward.

Maternal and Parental Mental Health and Early Childhood Development

Working with the BPG members, the Bernard van Leer Foundation and international mental health expert Shekhar Saxena, United for Global Mental Health has been developing a body of work highlighting the link between maternal and parental mental health and early child development.

This is part of a larger piece of work to help persuade policy makers to prioritise and fund mental health support for parents and carers which will be rolled out over the coming year. A first step was a short briefing note that was produced for all those attending the WHA to outline the scale of the issue: between 15-23% of children live with a parent with mental illness and parental ill-health predisposes these children to mental illness; half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. A new briefing has been prepared for the PMHNCH board meeting taking place where mental health will be discussed this week.

BVLF'S report on parents and children's mental health can be found [here](#).

Global Fund

Mental health receives less than 1% of global aid for health, and this needs to be increased. The BPG has agreed this year a priority is influencing the largest aid fund for health - the Global Fund - to change its policies and practices.

Ahead of a decision on whether to fully fund the Global Fund's request of \$14 billion to tackle HIV / AIDS, TB and Malaria, a joint paper has been produced with global experts on HIV / AIDS and mental health and TB and mental health calling for the Global Fund to update its policies and guidance in line with those of the WHO and other institutions so that more people can benefit from programmes to prevent, diagnose and treat HIV / AIDS and TB. A number of governments have now backed that paper and are calling on the Global Fund to take action: a letter has been sent to the Global Fund Strategy Committee signed by the UK, Italy, Ireland, Portugal and the Netherlands along with HIV / AIDS

advocates. A letter from the TB community is also due to be delivered shortly along with action by others in support of the paper's recommendations.

G20

Although the main health topics of concern to the G20 were universal health coverage, antimicrobial resistance and ageing, the [Leaders' Declaration](#) did include a commitment to implement a comprehensive set of policies to address dementia. They pledged to "promoting risk reduction and sustainable provision of long-term care as well as inclusive societies aiming to improve quality of lives of people with dementia and caregivers".

Also of note is the World Bank's "[High-Performance Financing for Universal Health Coverage](#)" report, customised for the G20 Finance Ministers and Central Bank Governors meeting.

The report highlights mental health conditions as part of the growing burden of NCDs. In OECD countries, NCDs accounted for 60% of health costs in 2011, with developing countries likely to experience similar rates in future – with households bearing the brunt of escalating costs – unless urgent action is taken now.

Additionally, the challenge to universal health coverage posed by fragility, conflict and violence is framed with reference to the associated higher incidence of mental health issues. With specific regards to refugees and asylum seekers, one of the reasons cited for displaced people posing such an economic and social shock is that they are at higher risk of experiencing psychosocial and mental distress. A list of G20 Mental Health documents with links can be found [here](#), and a comms toolkit for the G20 and G7 can be found [here](#).

Ministerial Summit updates

Margriet Blaauw from the Government of the Netherlands has asked that we highlight a couple of documents, as part of the build up to the Dutch Government hosting the Ministerial Summit on Mental Health in October.

Last week a letter on MHPSS from Minister Kaag was published in the Guardian. This can be found [here](#).

Also the conference [website](#) is now live, including a short video on MHPSS, which can be found [here](#). In the coming weeks Margriet's team hopes to add video's, articles and other content.

Spotlight on: ENOSH

Words by Liron David, ENOSH

[Enosh – The Israeli Mental Health Association](#) is a nonprofit organization based in Israel that aims to promote community mental health and provide support for people with psychosocial disabilities and their family members. For more than 40 years, our organization was the leading voice in Israel; fighting against stigmas about people with psychosocial disabilities and established the community based mental health services.

Guided by the values of equality, independence, person-centered approach, and evidence-based practice, our multi-dimensional services focus on housing, employment, social recreation activity family, and early intervention. Spread nationwide through more than 60 Centers, our services are engaging some 6,000 participants, 1300 family members, and 300 youth and young adults from all sectors of society each year.

Enosh engages in advocacy and legislation efforts in Israel and at the international level. We are involved in advocacy efforts to promote the rights of persons with psychosocial disabilities as part of civil society coalitions in Israel and are members in regional and international organizations working to improve mental health. Since 2017 Enosh holds consultative status to the UN-ECOSOC.

For more information (inquiries, gifts and contributions, and sales): office@enosh.org.il. International relations, please contact adv. Liron David: liron david@enosh.org.il

The Trillion Dollar Taboo

Following ongoing engagement with the BPG communications secretariat, the *Financial Times* have published a [long-read](#) about the "trillion-dollar taboo" of mental health at work, making the rare decision to lift their paywall so everyone can read it. The piece brings in personal stories and features the results of their survey of 450 people from 43 countries about

their employers' approach to mental health.

The four big issues emerging out of the survey were: overwork, stigma, top-down pressure and fear of being penalised. Two-thirds of those surveyed believed their work negatively affected their health and 44% did not think mental health was taken seriously by their organisation.

Speak Your Mind campaign workshop: Nepal

Last week a workshop was hosted by KOSHISH, TPO and WGDR, supported by United for Global Mental Health. Campaigners were joined by Dr. Basu, mental health focal point for the government of Nepal.

The workshop featured active participation of many people with lived experience, as well as leaders from UMN, UNICEF, WHO, World Bank, Save the Children, MCC, CMC, Nepal Disabled Women Association (NDWA), Nepal Disabled Human Rights Centre (DHRC), National Human Rights Commission, and many more.

Nepali campaigners are asking their government to:

- Adopt and implement a national **suicide prevention** strategy and immediate action plan.
- Develop and Implement **National Mental Health strategy** in line with WHO multi sectoral action plan 2013-2020 and UNCRPD
- An **integrated** mental health system at federal, provincial and local government levels
- Equal **human rights** and humane treatment of people with mental health conditions
- Allocate at least 5% of the health budget for mental health, with a guaranteed 50 % of funding for participation of **women**
- Ask international development partners to prioritise mental health in their programs
- Assign independent functional mental health mechanism and focal points at federal, provincial & local levels

NEW MEMBERS

New members that have joined the Blue Print Group since our last newsletter include:

Eleni Misganaw: GMHPN

Maya Enista Smith: Born This Way Foundation

Ivo Vlaev: University of Warwick

Liron David: ENOSH (The Israeli Mental Health Association)

Saniya Saleem: Pursukoon Zindag

Recent Developments and Directions

In the latest of a [series of articles](#) on GMH, BPG members, Michelle Lewis-O'Donnell, Julian Eaton and Kelly O'Donnell have authored an orientation article that overviews several highlights from the past year. Titled: [Global Mental Health—What's Up? Recent Developments and Directions](#).

A short version has recently been published in [Global Insights by the Office of International Affairs, American Psychological Association](#). Kelly and his co-authors have asked that we highlight this to the BluePrint Group, for you to share with your networks.

"We sense that GMH Generation 2.0 is upon us--as seen in the major growing awareness, acceptance, advocacy, collaboration, action, and hopefully increased funding for mental health (e.g., national health budgets, the Wellcome Trust's additional £200 million for mental health research)."

The article highlights all of the global mental health moments that have happened over the past few years, including the formation of the BluePrint Group, The Lancet Commission, The WHO special initiative and many other key GMH Markers. For more information on the article please email mcources@gmail.com

BPG Webinars

We are planning a series of BPG webinars over the summer:

Legislation and Mental Health (with case studies from India): 1st August

Access to Medicines and Mental Health: End of August

Mental Health Innovation Network along with the Speak Your Mind campaign are also running a series of webinars, with the first one on the 15th July. More details can be found [here](#). To add this webinar to your calendar click [here](#).

FROM THE FACILITATOR

We hope that this newsletter has given you a good insight into all the past month's progress and ongoing work. Together we have reached many key advocacy milestones, such as: eight signatories to the letter to the Global Fund Committee and the featured article in the *Financial Times*: [The Trillion Dollar Taboo](#).

As always please send updates and content to anna@unitedgmh.org if you would like to be featured in next month's newsletter.

Blue Print Group Facilitators

Sarah Kline

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5th BPG meeting

The 5th BluePrint Group meeting will be held in London on either the 3rd or 4th of September.

More information will be shared as the plans develop. If you would like to give feedback from the last meeting, or have any requests for the agenda, please send them to: anna@unitedgmh.org.

Links Referred to in Articles:

ICRC zero draft resolution: https://rcrcconference.org/app/uploads/2019/06/33IC_MHPSS-Draft-zero-resolution-final-EN.pdf

ICRC background document: https://rcrcconference.org/app/uploads/2019/06/33IC_MHPSS-background-doc-final-EN.pdf

[Global Mental Health—What's Up? Recent Developments and Directions](#). From this [series of articles](#).

G20 Mental health documents: <https://drive.google.com/open?id=1ReXIBG32Pm-exTSibhSvpzDgKpkBLO2Ah3Zrffe6320>

G20 and G7 comms toolkit: https://docs.google.com/document/d/1fKFqB9RAJBrtkijwNklGy_1cVkoITrCOPLyABW1WhC3g/edit?usp=sharing

[BVLf children and parent mental health report](#)

Blue Print Group Resources

Blue Print Group Google Drive: <https://drive.google.com/drive/folders/13YNt-IwRI2n9TtOlpNuOHqml4l8itqik?>

The BPG Google Drive contains meeting documents and presentations; background information; and articles and [reports shared by members](#). There is also a [live, editable list of events](#) that BPG members are involved in, please do update this with any relevant events you or your organisation have coming up.

If you, or a colleague would like to be included in the google group and receive updates from the Blue Print Group then please email anna@unitedgmh.org

Wellcome Trust job opportunities

As the Wellcome Trust expands their Global Mental Health team, a few job opportunities have opened up.

The positions that are currently being advertised for are:

Evidence Lead: <https://bit.ly/2YjwYya>

Policy and Advocacy Lead: <https://bit.ly/2Ln62dr>

Lived experience and Public Engagement Lead: <https://bit.ly/2X6BzTg>

BluePrint Group member, Sophia Austin of the Wellcome Trust says: 'we are open to flexible working – possibly 4 days a week for the right candidate- we will consider overseas applicants too.'

CALENDAR

July

High-Level Political Forum (UNNYCHQ)

July 9th – 18th

NYC

August

G7

August 25th–27th

Biarritz, France

TICAD

August 28th – 30th

Yokohama, Japan

September

World Suicide Day

September 10th

UNGA

September 17th–30th

New York, USA

October

Global Ministerial Mental Health Meeting

October 7th and 8th

Amsterdam, Netherlands

Global Fund Replenishment

8th and 9th October

Lyon, France

World Mental Health Day

October 10th

December

33rd International ICRC conference

9th –12th December

Geneva