Who is the GMHPN?
Global Mental Health Peer Network

Presented by
Charlene Sunkel
Founder/CEO of the GMHPN

Email: globalmentalhealthpeernetwork@gmail.com
Mobile: +27 79 8966 963
GMHPN developed from the successful initiatives of Movement for Global Mental Health, a virtual network of individuals and organisations operating from rotating global secretariats in Australia, India, and South Africa since 2007 to improve services for people living with mental health problems and psychosocial disabilities worldwide.

It is from this **solid foundation** that GMHPN was launched in 2018 to create a more **extensive, globally diverse** mental health community and **cadre of leadership** to enhance the value of sharing initiatives and experiences, specifically among persons with lived experience.
The **vision** of the GMHPN is to “*strengthening the voices of persons with lived experience globally through empowerment and inspiring respect and acknowledgement of their experiences, views and opinions as valued and equal citizens of the world*”.

Two **principles** are fundamental to the GMHPN:
- Working together with all stakeholders involved to affect the desired change
- The views, opinions and experiences of persons with lived experience reflect the change desired

Through the principles, the **objectives** of the GMHPN are to:
- Create communities where persons with lived experience are valued as equal citizens of the world, free from stigma, discrimination, inequality and inequity
- Give a voice to the voiceless and create a platform where what persons with lived experience say and share, matters
- End isolation from the world and connect mental health care user groups and movements globally to form a community of experts by experience and who are empowered to self-advocate and advocate on a broader and global scale
**Timeline**

- **February 2018**
  - Officially launched at 5th Global Mental Health Summit in Johannesburg, South Africa

- **May 2018**
  - Appointed Board of Management
  - Inaugural Board Meeting

- **July 2018**
  - Registration as Non-Profit Organisation (212-449 NPO)

- **January 2019**
  - Start Full Operations
  - 1st Virtual Meeting of the GMHPN Executive Committees

- **May 2019**
  - 2nd Virtual Meeting of the GMHPN Executive Committees

- **June 2019**
  - 1st Annual General Meeting of the GMHPN
  - 1st Annual report of the GMHPN published
  - 1st Financial Audit conducted

- **July 2019**
  - 21 Countries and 5 World Regions represented at Executive Level
  - 27 Global Lived Experience Leaders
Global Representation at Executive Structural Level
Who is the GMHPN?

Global Mental Health Peer Network

1. The platform for people with lived experience with mental health conditions to share journeys, experiences, perspectives, views and opinions ... embracing our humanity, appreciate our diversity and uniting our voices towards achieving our common goals.

2. We believe in a human rights-based approach within an operating framework focussed on empowerment, recovery and peer support – where lived experience is the driving force behind destigmatisation, quality of life, equality and equity.

3. The GMHPN strongly supports and advocates for a person-centered and recovery approach to mental health care and services. It is challenging the paradigm of medical traditions and institutional care models that have subjected individuals with mental health conditions to severe human rights violations, developed structures of societal segregation, and denied the inherent human dignity and voice of this community.
The GMHPN is built on the premise of an integrated and holistic response to mental health care and services - incorporates medical, social and human rights models - this approach critically emphasizes the multidimensional aspects of mental health conditions and societal challenges that cannot be addressed in isolation as a medical problem.

The GMHPN underpins all of its work through the promotion of international treaties and human rights instruments, and accountability measures under domestic laws, to emphasize the importance of protecting and respecting the rights of persons with lived experience.

The GMHPN focuses on the development of lived experience leadership in mental health to enhance meaningful participation in the development, design, review, implementation, monitoring and evaluation of services at all stages and in all aspects of life.

Building global lived experience leadership and stakeholder partnerships to be the catalysts of change and transformation in mental health ... where lived experience voices are reflected in policy, plans and practice.
Since **GMHPN's establishment in 2018**, the focus of its work has involved the building of a sustainable structure to serve two main purposes:

1) to **develop a global leadership of lived experience** and

2) to **create a sophisticated communication platform** where the lived experience community can share their views, opinions, perceptions and experiences

GMHPN has established its **Regional Executive Committee** and the **Country Executive Committee**, comprised of persons with lived experience who represent their region or countries.

These Committee Members serve the GMHPN as **global mental health leaders** - who **bring a high-level of expertise**, representing **diverse experiences** from within the mental health community, often having established national or local organisations, and are often published authors. This representation is also comprised of young leaders who have successfully mobilized movements and user groups within their local communities.
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**Strengthening Lived Experience Voices**

**HOW?**

- **Empowerment of persons with Lived Experience**
  - Improve mental health / human rights literacy
  - Develop Lived Experience leadership

- **Uniting Lived Experience voices for collective action**
  - Establish a global sustainable structure and platforms for engagement
  - Work towards achieving common goals and advocacy actions

- **Enhance Lived Experience engagement and involvement at all levels**
  - Building stakeholder partnerships
  - Provide Lived Experience consultation services through Network of expertise

**WHY?**

- **Building a cohesive and responsive Lived Experience community**
  - End isolation and fragmentation - a collective action drives change
  - Diversity among Lived Experience provide powerful source of information and expertise

- **Ensuring Lived Experience voices are at the centre of action**
  - Lived Experience has an in-depth understanding of stigma, discrimination, segregation, harmful practices
  - Ensure societal systems are compliant with local and international human rights instruments

- **Ensuring Lived Experience’s unique and diverse experiences and perspectives reflect in policy and practice**
  - Lived Experience have a fundamental role in systems transformation
  - Ensure systems speak to the needs and challenges of Lived Experience
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Developing Global Lived Experience Leadership

**IMPACT**
* Increased involvement of Lived Experience in driving change through research and engagement
  * Effective & responsive systems
  * Services & care provided within a human rights-based framework
  * Reduction in stigma & discrimination
  * Socio-economic development & improved health outcomes

- Empowerment
- Person-centred Action
- Active & Effective Engagement
- Diverse Representation & Partnerships
- Unique Perspectives & Expertise
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Strengthening Lived Experience Voices

Building a cohesive and responsive Lived Experience community

End isolation and fragmentation - a collective action drives change

- Increased Lived Experience mobilization has lead to influencing policy and practice, but at larger scale, a global united Lived Experience movement will accelerate transformation in mental health

- Diversity within the global Lived Experience movement, provides for comprehensive insights into context specific experiences for the effective development and implementation of strategies and innovations that “leaves no one behind”

- To effect change, the formation of partnerships between the Lived Experience community and stakeholders are crucial

Diversity among Lived Experience provide powerful source of information and expertise

- Lived Experience provides for practical experiences of navigating mental health and other societal systems as users of these systems

- Lived Experience has comprehensive knowledge of the elements involved that leads to achieving recovery but also what has a negative impact on recovery

- Lived Experience’s recover journeys provide for an in-depth understanding of both common and context specific needs and challenges and how systems could address these innovatively
Principles of Effective Lived Experience Engagement

**Empowerment**
- Enabling persons with lived experience to meaningfully contribute at all levels by providing for adequate preparation and support including logistical support and safe spaces for participation.
- Equipping persons with lived experience to become mental health and human rights literate, but also well informed on other relevant topics that would encourage rich discussions.

**Partnership**
- Persons with lived experience’s voices are at the centre of the conversation.
- Persons with lived experience are actively involved - their contributions are reflected in engagement actions, policy and practice.
- Persons with lived experience participate in a space where there are no power imbalances and recognised as experts by experience or otherwise.

**Respect**
- Persons with lived experience’s contributions are valued where they are acknowledged as equal and valued partners, and respected for their unique perspectives and experiences.
Online Platforms

Several online platforms have been established to serve persons with lived experience to share and obtain evidence-based information related to mental health and human rights, as well as document their journeys of recovery, and to provide peer support.

These online platforms include the GMHPN website and monthly newsletter, and an actively engaged social media presence on Facebook and Twitter.

A virtual group has also been established for the GMHPN Executive Committee members to regularly engage with one another and share information from a local and global perspective on best practice models in mental health.
Partnerships

GMHPN maintains diverse and multidisciplinary partnerships with the medical health and lived experience establishment that includes health care workers, families, NGOs, international funders and medical experts.

The GMHPN has formed several formal partnerships and are represented on several boards and committees, and include:

- Movement for Global Mental Health - www.globalmentalhealth.org
- Global Coalition on Youth Mental Health - www.ymentalhealth.org
- citiesRISE International Steering Committee - www.cities-rise.org
- WHO Working Group on NCDs
- Countdown Global Mental Health 2030
- Upsides Project – https://www.upsides.org/project/
- Blue Print Group on Global Mental Health
- Speak Your Mind Global Campaign - www.gospeakyourmind.org
Strengths of the GMHPN

• The establishment of a strong sustainable global structure is the foundation on which the GMHPN is built, enabling it with a very high potential for scaling up.

• The organization has a solid network of international experts and partners, and a global advocacy community of lived experience that have already started to affect change on both a community, national, and regional level.

• Country specific strategies are a key element to developing the tools in addressing challenges that are country specific and able to influence policy and legislation.
Impact / Expected Outcomes

• GMHPN is established as a **well-structured, responsive and sustainable network** of diverse user groups and individuals from various backgrounds and that include population specific groups such as: youth, seniors, women, men, LGBTQ, refugee and rural communities;

• Persons with lived experience across the world are **affiliated** to the GMHPN as a **united voice** for persons with lived experience of mental health conditions;

• Country and global level **partnerships** are formed with organisations, projects and activities that involve members of the GMHPN that **strengthens participation** of persons with lived experience;

• Recovery stories of persons with lived experience contribute to the **de-stigmatisation** of mental health conditions and **promote the abilities, views, opinions, perspectives, needs and challenges** of persons affected by mental health conditions globally – ultimately **influencing policy and practice**;
Impact / Expected Outcomes

• Persons with mental health conditions are equipped/capacitated to **meaningfully participate** in regional, national and international engagement platforms to advance the mental health agenda through the perspectives of persons with lived experience – **enhancing participation**;

• The voice of persons with lived experience are heard and they are **acknowledged as key role players** in the transformation of mental health care and services, through their participation in the design, implementation and evaluation of care and services related to mental health and other areas of life;

• Persons with lived experience have **access to evidence-based information** and materials to raise public awareness and advocate for improved services and life opportunities for all persons with lived experience at country and global level;

• Persons with lived experience’s **participation in research** provide for an accurate reflection of the needs and challenges of persons with lived experience that provide guidance for the development of initiatives and innovations that can be implemented, put in practice and upscaled.
The MOST powerful partnership is ...
working together with persons with lived experience