

FEBRUARY 2020

UW Global Mental Health Newsletter



GMH faculty, staff, and partners after speaking at the GMH Speaker Series in September 2019

Welcome to the GMH Newsletter

Welcome to the first edition of the UW Global Mental Health newsletter! Each month we will feature a topic related to global mental health and spotlight a faculty member, student, staff member, or project. We will also invite our readers to respond to our question of the month and feature local and global GMH events and opportunities! Our writers include Wilson Hammett (2nd year, MPH candidate), Ingrid Sub Cuc (1st year, MPH candidate), Randi Perry (Junior, Public Health-Global Health), and Tessa Concepcion (Research Coordinator, UW GMH).



Featured Topic Introduction to GMH at UW

The last decade was one of considerable change and development for the global mental health field. In 2007, The Lancet medical journal featured a series of articles related to global mental health, marking a "call to action" that is widely considered to be a catalyst for the growth in visibility and legitimacy of mental health as an important focus of global health work. In 2008, the World Health Organization (WHO) published the Mental Health Gap Action Program (mhGAP), a guide for managing mental, neurological and substance use disorders that accounted for the greatest burden of disease... [\[Read the full article here\]](#)



Spotlight Pamela Collins, MD MPH

[Q: What projects are you most excited about within the program?](#)

A: I'm excited about all of our work. Our faculty and staff are involved in a broad range of projects, many of which focus on extending access to mental health care by integrating various mental health interventions into schools, community-based primary care clinics, maternal and child health settings, HIV care settings, etc.

Over the past month, several of us have been very actively involved in supporting the World Health Organization (WHO) as it launches its Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health. Our current role is to work closely with the first 6 countries selected for the Special Initiative (Bangladesh, Jordan, Paraguay, Philippines,

Ukraine, and Zimbabwe) to conduct situational analyses of their mental health systems. This has been a wonderful collaborative learning experience. We presented the preliminary synthesis of information in Geneva a few weeks ago, and we had the opportunity to hear each country team's emerging priorities for the initiative. We are now in the process of working with our country partners to finalize these snapshots of mental health services in their health care systems and communities.

[Q: What advice would you have for someone looking to get more involved with global mental health?](#)

A: I would say this is a great time for getting connected. One option for connecting is to choose a global mental health conference to attend annually. Another is to stay abreast of what's happening by joining global networks that advocate for mental health. The Movement for Global Mental Health is one such network. Similarly, the Mental Health Innovation Network is a Web site that indexes and displays a variety of mental health interventions from around the world. They also host webinars from time to time. You can register at the site and receive notices of upcoming events.

If you want to plug into global mental health activities locally, stay tuned to this newsletter and to our UWGMH Web site. Our program faculty and staff can also help you connect to their projects. As you explore the landscape—both locally and globally—look for mentors or advisors who can help guide you.

[\[Read the full Q&A here\]](#)

Question of the Month

Each month we'll post a question to our readers. The following month's newsletter will feature some of your responses to this question:

[What would you like to hear more about in our monthly newsletters?](#)

Events and Opportunities

Recent events

- **January 14, 2020:** Atlanta, US — [Atlanta's Role in Global Mental Health](#) (hosted by the Carter Center)
- **January 21 - 24, 2020:** Davos, Switzerland - [World Economic Forum](#)
- **February 3 - 8, 2020:** Geneva - [WHO 146th Session of the Executive Board Meeting](#)
- **February 9, 2020:** New York City - [Mental Health First Aid Training with ThriveNYC](#) (Columbia Mailman School of Public Health)
- **February 14- 15, 2020:** Nairobi, Kenya - [BluePrint Group Meeting](#) (hosted by USP-Kenya (USP-K) and United for Global Mental Health (UnitedGMH))
- **February 25, 2020:** Seattle, WA - [Developing the Mental Health Workforce in Zimbabwe](#) (University of Washington Global Mental Health Program)
- **February 28-29, 2020:** Budapest, Hungary - [2nd European Autism Congress: "A Step Towards Global Autism Awareness & Accelerating Recovery"](#)

Upcoming UW and Local Events

- **March 12, 2020:** Seattle, WA - [Global Mental Health Journal Club](#) (University of Washington Global Mental Health Program)
- **March 18, 2020:** Seattle, WA - ["Using Preventative Practices to Disrupt the School-to-Prison Pipeline"](#) - Rhonda Nese, PhD (University of Washington SMART Center Speaker Series)
- **April 16, 2020:** Seattle, US — [Pilot evaluation of an integrated, task-sharing mental health intervention in Beira, Mozambique](#) by the University of Washington Global Mental Health Journal Club

Upcoming Global Events

- **March 5, 2020:** Cape Town, South Africa - [Mental Health in the Workplace Seminar](#)
- **March 9, 2020:** New York City, US - [Global Mental Health University Seminar](#) (hosted by Columbia University Global Mental Health Program)
- **March 18-21, 2020:** Buenos Aires, Argentina - [Encuentro de la Zona 5 de la WPA "Desafíos para la Psiquiatría y la Salud Mental en el nuevo Milenio"](#) (World Psychiatric

Association- WPA Zone 5 Meeting)

- **March 24 -26, 2020:** Geneva - [GENEVA HEALTH FORUM](#): the forum of innovative practices in global health
- **March 25-28, 2020:** San Antonio, US - [International Society of Psychiatric-Mental Health Nurses 2020 Conference](#)
- **April 3, 2020:** New Haven, US — [RebPsych 2020: Decolonizing Mental Health](#) (hosted by Yale School of Medicine)
- **April 7, 2020:** Worldwide - [World Health Day](#) (the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.)
- **April 13 - 19, 2020:** Washington D.C., USA - [World Bank Spring Meetings](#) (hosted by the World Bank)
- **April 16-18, 2020:** Providence, US — [Annual Meeting of the Society for the Study of Psychiatry and Culture](#)

Do you have something you'd like us to share in our newsletter?

Please email uwgmh@uw.edu with details!

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