



LISBON INTERNATIONAL  
LEARNING PROGRAM

# MENTAL HEALTH POLICY AND 2017 Lisbon • Portugal SERVICES



LISBON INSTITUTE  
of Global Mental Health

NOVA

MEDICAL  
SCHOOL  
FACULDADE  
DE CIÊNCIAS  
MÉDICAS



# LISBON INTERNATIONAL LEARNING PROGRAM ON MENTAL HEALTH POLICY AND SERVICES

**A**s a new and innovative development of the International Master on Mental Health Policy and Services (NOVA University of Lisbon), we will organize during the year 2017 an International Learning Program for mental health leaders and professionals willing to develop public health skills in mental health policy and services, with a special emphasis on low- and middle-income countries.

**The Lisbon International Learning Program integrates a series of short residential courses (2 or 3 days) focusing on the following areas:**

- Basic Epidemiology for Public Mental Health
- Reading and Understanding Scientific Literature (Randomized Clinical Trials and Meta-Analysis)
- Global Mental Health and Prevention Strategies
- Implementation of innovative mental health promotion/ prevention strategies and care delivery
- Strategies and Interventions for long term severe mentally disabled
- Rights of Persons with Mental Disability
- Rational Use of Psychotropic Drugs

**The goal of the International Learning Program is to provide an updated and solid understanding of the main topics of these areas and to provide training in:**

- Formulation, implementation and evaluation of mental health policies, plans and programs;
- Organization and evaluation of mental health care and related services;
- Mental health in complex emergencies;
- Mental health law and human rights.

**The Program is based on the experience developed in the 6 past editions of the International Master on Mental Health Policy and Services, one of the most successful global courses in this area, attended by students from 48 countries.**

## ORGANIZED BY



LISBON INSTITUTE  
of Global Mental Health



SSPH+  
SWISS SCHOOL OF  
PUBLIC HEALTH +

**WITH THE TECHNICAL SUPPORT OF**  
The Department of Mental Health and Substance Abuse,  
World Health Organization



## BELIZE

**Eleanor Benett**  
**Coordinator, Belize Mental**  
**Health Program**

*I am truly grateful for the opportunity offered to me to participate in this program. The coursework gave me a comprehensive knowledge base that prepared me to participate in the mental health program development.*

## STRUCTURE OF THE PROGRAM

The Lisbon International Learning Program on Mental Health Policy and Services consists of 4 blocks of one week, each of them including two modules (3+2 days).

Students can choose to attend one or several blocks.

**The successful attendance will award:**

**1 block = a Certificate**

**4 blocks = a Diploma from the NOVA Medical School**

Each block corresponds to 2 or 3 credits (ECTS).

**Evaluation:** Elaboration of papers and elaboration of a final project.

### CURRICULUM

#### 1 BLOCK 2 ECTS

##### MENTAL HEALTH OF THE POPULATIONS

<b>Module 1.1</b>	Basic epidemiology for Public Mental Health
<b>Module 1.2</b>	Reading and understanding scientific literature (Randomized clinical trials and meta-analysis)

#### 2 BLOCK 3 ECTS

##### GLOBAL MENTAL HEALTH

<b>Module 2.1</b>	Global Mental Health
<b>Module 2.2</b>	Mental health in complex emergencies

#### 3 BLOCK 3 ECTS

##### MENTAL HEALTH POLICIES, SERVICES AND INTERVENTIONS

<b>Module 3.1</b>	Implementation of innovative mental health policies, services and programs
<b>Module 3.2</b>	Rational use of psychotropic drugs

#### 4 BLOCK 3 ECTS

##### CARE FOR PEOPLE WITH MENTAL DISABILITIES AND HUMAN RIGHTS

<b>Module 4.1</b>	Strategies and Interventions for long term severe mentally disabled
<b>Module 4.2</b>	Rights of persons with mental disabilities

# 1

BLOCK

## 1.1

**Module 1.1 - 8, 9 & 10 May - 18 hours**

### **BASIC EPIDEMIOLOGY FOR PUBLIC MENTAL HEALTH**

Basic definitions of incidence versus prevalence, of numbers versus rates, and of episodes versus attendances

Conducting routine mental health surveillance

Methods of data processing and analysis, presentation of mental health information in tables, figures, graphs, diagrams, charts, and maps

Typology and Use of different Study Designs

Use of epidemiology in Policy and Services Planning

**Coordinator: Miguel Xavier, NOVA Medical School**

## 1.2

**Module 1.2 - 11 & 12 May - 12 hours**

### **READING AND UNDERSTANDING SCIENTIFIC LITERATURE (RANDOMIZED CLINICAL TRIALS AND META-ANALYSIS)**

Terminology and Basic Principles

RCT's

Meta-Analysis

**Coordinator: Emiliano Albanese, University of Geneva**

# 2

BLOCK

## 2.1

**Module 2.1 - 15, 16 & 17 May - 18 hours**

### **GLOBAL MENTAL HEALTH**

History of Global Mental Health

Controversies about the concept of Global Mental Health

Global Mental Health Players

Examples of Global Programs in Low- and Middle-Income Countries

**Coordinator: Benedetto Saraceno, LIGMH**

## 2.2

**Module 2.2 - 18 & 19 May - 12 hours**

### **MENTAL HEALTH IN COMPLEX EMERGENCIES**

Principles of Intervention

Main Guidelines

Examples from the field

**Coordinator: Mark van Ommeren, WHO**

## 3 BLOCK

### 3.1

**Module 3.1 - 16, 17 & 18 October - 18 hours**

#### **IMPLEMENTATION OF INNOVATIVE MENTAL HEALTH POLICIES, SERVICES AND INTERVENTIONS**

Promotion / Prevention strategies and programs

Optimal Mix of Mental Health Services and Care Delivery: the pivotal role of community mental health services

Mental Health in Primary Care and Task Shifting

Management and solutions for long term severe mentally disabled persons

Key challenges in implementation

**Coordinator: José Miguel Caldas de Almeida, LIGMH**

### 3.2

**Module 3.2 - 19 & 20 October - 12 hours**

#### **RATIONAL USE OF PSYCHOTROPIC DRUGS**

Medicine selection and assessment

Medicines integration and interactions

Rational Use and Mental Health Care System

Provision of unbiased information

**Coordinator: Corrado Barbui, University of Verona**

## 4 BLOCK

### 4.1

**Module 4.1 - 23, 24 & 25 October - 18 hours**

#### **STRATEGIES AND INTERVENTIONS FOR LONG TERM SEVERE MENTALLY DISABLED**

Chronicity and long term disability

Management of complex cases

Service re-organization and logistic solutions

- Client-centered versus provider-centered budget

**Coordinator: Benedetto Saraceno, LIGMH**

### 4.2

**Module 4.2 - 26 & 27 October - 12 hours**

#### **RIGHTS OF PERSONS WITH MENTAL DISABILITIES**

Definitions

Main International Covenants

The UN Convention on the Rights of Persons with Disability

Assessing Human Rights

**Coordinator: José Miguel Caldas de Almeida, LIGMH**

# COORDINATORS

## **PORTUGAL • Teresa Goldschmidt, Child psychiatrist**

*We learned a lot about mental health, about cultural issues, about how to organize services and how to make policies.*

*I think it was a very good experience.*



## **José Miguel Caldas de Almeida**

**Prof. José Miguel Caldas de Almeida is Professor of Psychiatry at NOVA Medical School (Faculdade de Ciências Médicas), Universidade NOVA de Lisboa, and President of the Lisbon Institute of Global Mental Health.**

He was the Chief of the Mental Health Unit at the Pan American Health Organization, the Regional Office of the World Health Organization for the Americas, in Washington D.C., from 2000 to 2005. He was Temporary Adviser for WHO in Africa, Europe and Latin America, and was the Coordinator of the European Union Joint Action for Mental Health and Wellbeing (2013-2016).



## **Benedetto Saraceno**

**Prof. Benedetto Saraceno holds a M.D. degree from the University of Milan and a postdoctoral degree in psychiatry from the University of Parma.** He was the leader of the WHO special program Nations for Mental Health (1996-99). He was Director of the Department of Mental Health at the World Health Organization, Geneva, from 1999 to 2010. In 2001 he was the leader of the WHO World Health Report on Mental Health. At present he is Associated Professor of Psychiatry at the University of Geneva, Switzerland, Professor of Global Health at the NOVA Medical School (Faculdade de Ciências Médicas), Secretary-General of the Lisbon Institute of Global Mental Health and Coordinator of the Gulbenkian Global Mental Health Platform.



# FACULTY

**BRAZIL • Cláudia Pellegrini Braga, Occupational therapist**

*The course gave me the possibility to discuss at the international level what are the experiences of different countries in establishing mental health systems and how countries are trying to implement changes in the real life of people with mental disabilities.*

**Angelo Barbato** • Instituto Mario Negri, Milano, Italy

**Angelo Fioritti** • Department of Mental Health, Bologna, Italy

**Benedetto Saraceno** • Lisbon Institute of Global Mental Health  
& NOVA Medical School, Portugal

**Corrado Barbui** • University of Verona, Italy

**Dan Chisholm** • Department of Mental Health and Substance Abuse, WHO

**Dovile Juodkaite** • Lithuanian Disability Forum, Lithuania

**Emiliano Albanese** • Institute of Global Health, University of Geneva, Switzerland

**Fahmy Hannah** • Department of Mental Health and Substance Abuse, WHO

**Graça Cardoso** • Lisbon Institute of Global Mental Health, Portugal

**Helen Killaspy** • University College London, UK

**Itzhak Levav** • Ministry of Health, Israel

**Joaquim Gago** • NOVA Medical School, Portugal

**José Miguel Caldas de Almeida** • Lisbon Institute of Global Mental Health  
& NOVA Medical School, Portugal

**Julian Perelman** • National School of Public Health, Portugal

**Manuel Gonçalves Pereira** • NOVA Medical School, Portugal

**Manuela Silva** • Lisbon Institute of Global Mental Health, Portugal

**Mark van Ommeren** • Department of Mental Health and Substance Abuse, WHO

**Miguel Xavier** • NOVA Medical School, Portugal

**Gábor Gombos** • European Network of (ex-)Users and Survivors of Psychiatry

**Pedro Mateus** • NOVA Medical School, Portugal

**Shekhar Saxena** • Department of Mental Health and Substance Abuse, WHO

## TESTIMONIALS

### FINLAND • Johanna Cresswell-Smith, Psychologist

*Our group was diverse. We had lots of very interesting discussions from different perspectives which also allowed me to make sense of my local perspective. This, along with the incredible amount of senior and very knowledgeable people both lecturers and students, made this a superb course.*

### BANGLADESH

#### Noor Giasuddin, Psychiatrist

*From the time I submitted application for the course, the university authority took a one-to-one approach to assist me in the process. The atmosphere from the airport to hostel and classes has an excellent tone of novelty and homeliness. The beauty of the city, its easy transportation, the view of the Tagus river all are wonderful. Throughout the time from acceptance of application to end of the 1st residential session the university authority left no stone unturned to assist us in academic and extracurricular activities. I feel every student will enjoy the course to the optimum.*

### MOZAMBIQUE

#### Palmira Santos, Clinical Psychologist

*Given that mental health has been left to the background in many countries, especially in developing countries, a course that has among its objectives to expand the horizons in order to improve the quality of services and preserving the human rights of people with mental disorder and the integration of mental health in primary care, is undoubtedly a big achievement. The creation of an international class with professionals from different latitudes and environments, allows a unique workshop, which, along with the remarkable faculty that guides the course, will certainly result in added value in students professional and personal lives.*

### LEBANON • Rabih El Chammay, Psychiatrist

*The International Master in Mental Health Policy and Services was exactly what I needed. The variety of topics covered, the caliber of the faculty members, and the flexibility of the design is a very successful mix. This program is just what I feel is needed for me in order to be able to learn how to address stigma related to mental disorders, promoting mental health, integrating mental health into primary health care services, designing and conducting research with limited resources, abiding by ethical guidelines, in developing countries, with the ultimate goal of using this research to lobby for the needed changes in laws and policies.*



## GENERAL INFORMATION

**Enrollment deadline** 15 January 2017

### Selection criteria

Applicants should be holders of a bachelor degree or legally equivalent qualification in the field of Medicine, Sociology, Anthropology, Social Sciences or Health Economics.

The selection of applicants to the Courses will be based on the assessment of the CV.

The modules will run with a minimum of 8 and a maximum of 24 students.

### Admission procedures

- Applicants must submit the application form:

[click here to submit](#)

and send a Bachelor's Certificate or equivalent academic qualification and a CV in English to:

[registration@lisboninstituteegmh.org](mailto:registration@lisboninstituteegmh.org)

- For further information about the registration, please check the website:

[www.lisboninstituteegmh.org/training](http://www.lisboninstituteegmh.org/training)

or contact Ana Meireles:

[registration@lisboninstituteegmh.org](mailto:registration@lisboninstituteegmh.org)

### Fees

- The cost of attending one module is 700 euros for the 3-day modules, and 450 euros for the 2-day modules.
- The cost of attending one Block is 1000 euros.
- The cost of attending the four Blocks is 3600 euros.
- A limited number of registration fees' waivers may be granted to persons from financially disadvantaged countries.

### Attendance

- Attendance to the courses is mandatory for the participants formally enrolled.
- Participants will receive a Certificate of Attendance for each Block.
- The successful attendance of the four Blocks will award a Diploma from the NOVA University of Lisbon.

### ECTS

ECTS obtained in the International Learning Program may be credited to the NMS Ph.D. Programs.



# INFORMATION AND REGISTRATION

## Lisbon Institute of Global Mental Health

### Ana Meireles

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