

LISBON LEARNING PROGRAM • 2ND EDITION

MENTAL HEALTH POLICY AND SERVICES

2018/2019 • Lisbon - Portugal



LISBON INSTITUTE
of Global Mental Health

NOVA

**MEDICAL
SCHOOL**
FACULDADE
DE CIÊNCIAS
MÉDICAS



**UNIVERSIDADE
NOVA
DE LISBOA**



LISBON LEARNING PROGRAM

2ND EDITION

ORGANIZED BY

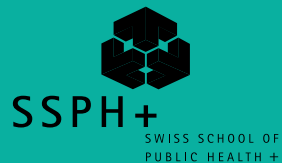


LISBON INSTITUTE
of Global Mental Health

In collaboration with:



UNIVERSIDADE
NOVA
DE LISBOA



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

MENTAL HEALTH POLICY AND SERVICES

The Lisbon Institute of Global Mental Health will initiate during the year 2018 the 2nd Lisbon Learning Program on Mental Health Policy and Services. The Program includes a series of Advanced Courses (2 or 3 days) 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 focus of these Advanced Courses will be on the following areas::

- Understanding evidence
- Understanding evidence in psychopharmacology
- Optimal mix of mental health services
- Prevention in the general population and strategies in primary care
- The pivotal role of community mental health services
- Programs for long-term severe mentally disabled persons
- Deinstitutionalization: experiences and controversies
- Rehabilitation and recovery
- Rights of people with mental disabilities
- Globalization, development and health diplomacy
- Mental health in complex emergencies

The goal of the Lisbon 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 Lisbon International Master on Mental Health Policy and Services, one of the most successful global courses in this area, attended by students from 48 countries.



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 Learning Program on Mental Health Policy and Services consists of 4 Advanced Courses, each including two modules (3+2 days).

Students can choose to attend one or more Advanced Courses.

The successful attendance will award:

1 Course = a Certificate

4 Courses = a Diploma from the NOVA Medical School

CURRICULUM

1 ADVANCED COURSE	EVIDENCE FOR PUBLIC MENTAL HEALTH	
	Module 1	Understanding evidence
	Module 2	Understanding evidence in psychopharmacology
2 ADVANCED COURSE	INNOVATION IN MENTAL HEALTH SYSTEMS	
	Module1	Developing a national mental health policy Prevention strategies in the general population Optimal mix of mental health services
	Module 2	Mental health in primary care The pivotal role of community mental health services Programs for long-term severe mentally disabled persons
3 ADVANCED COURSE	DEINSTITUTIONALIZATION AND HUMAN RIGHTS	
	Module1	Deinstitutionalization: experiences and controversies Rehabilitation and recovery
	Module 2	Rights of people with mental disabilities
4 ADVANCED COURSE	GLOBAL MENTAL HEALTH	
	Module 1	Globalization, development and health diplomacy
	Module 2	Mental health in complex emergencies

PROGRAM

EVIDENCE FOR PUBLIC MENTAL HEALTH

1
COURSE

Module 1 - 15, 16 & 17 October 2018 - 18 hours

UNDERSTANDING EVIDENCE

Basic principles of reading and understanding scientific literature

Randomized clinical trials

Meta-analysis

Coordinator: Emiliano Albanese

Faculty: E Albanese, C Barbui

Module 2 - 18 & 19 October 2018 - 12 hours

UNDERSTANDING EVIDENCE IN PSYCHOPHARMACOLOGY

Medicine selection and assessment

Medicines integration and interactions

Rational use and mental health care system

Provision of unbiased information

Coordinator: Corrado Barbui

Faculty: C Barbui, A Barbato

INNOVATION IN MENTAL HEALTH SYSTEMS

2
COURSE

Module 1 - 22 & 23 October 2018 - 12 hours

DEVELOPING A NATIONAL MENTAL HEALTH POLICY

Main steps and challenges in policy development

Prevention strategies and programs in the general population

Optimal mix of mental health services and care delivery

Coordinator: José Miguel Caldas de Almeida

Faculty: JM Caldas de Almeida, I Levav

Module 2 - 24, 25 & 26 October - 18 hours

IMPLEMENTATION OF INNOVATIVE MENTAL HEALTH SERVICES

Mental health in primary care and task shifting

The pivotal role of community mental health services

Management and programs for long term severe mentally disabled persons

Quality assurance

Coordinator: José Miguel Caldas de Almeida

Faculty: JM Caldas de Almeida, B Saraceno, H Killaspy, G Cardoso, M Xavier, J Gago

3

COURSE

DEINSTITUTIONALIZATION AND HUMAN RIGHTS

Module 1 - 1, 2 & 3 April - 18 hours

DEINSTITUTIONALIZATION AND REHABILITATION

Impairment, disability and handicap

Principles of psychosocial rehabilitation

Recovery approach

Deinstitutionalization: experiences and controversies

Coordinator: Benedetto Saraceno

Faculty: B Saraceno, A Barbato, JM Caldas de Almeida, M Gonçalves Pereira

Module 2 - 4 & 5 April - 12 hours

RIGHTS OF PEOPLE 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

Faculty: JM Caldas de Almeida, D Juodkaite, G Morales

4

COURSE

GLOBAL MENTAL HEALTH

Module 1 - 8, 9 & 10 April - 18 hours

GLOBALIZATION, DEVELOPMENT AND HEALTH DIPLOMACY

UN Sustainable Development Goals and social determinants

History and achievements of global mental health

WHO Action Plan

Mental health reforms worldwide

Principles of health diplomacy

The example of the global strategy on alcohol

Coordinator: Benedetto Saraceno

Faculty: B Saraceno, JM Caldas de Almeida, S Saxena

Module 2 - 11 & 12 April - 12 hours

MENTAL HEALTH IN COMPLEX EMERGENCIES

Principles of intervention

Main guidelines

Examples from the field

Coordinator: Fahmy Hannah

Faculty: F Hannah, A Schafer, M van Ommeren

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.



JM Caldas de Almeida

Prof. José Miguel Caldas de Almeida, Professor of Psychiatry, NOVA Medical School (Faculdade de Ciências Médicas), Nova University of Lisbon, is the 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.

Emiliano Albanese • WHO Collaborating Center University of Geneva

Ana Antunes • LIGMH

Angelo Barbato • Mario Negri Institute, Milano Italy

Corrado Barbui • WHO Collaborating Center University of Verona

José Miguel Caldas de Almeida • LIGMH

Graça Cardoso • LIGMH

Diana Frasquilho • LIGMH

Joaquim Gago • NMS, Nova University of Lisbon

Manuel Gonçalves Pereira • NMS, Nova University of Lisbon

Fahmy Hannah • WHO Geneva

Dovile Juodkaite • President Lithuanian Disability Forum

Helen Killaspy • University College London

Itzhak Levav • WHO Consultant

Guadalupe Morales • Fundación Mundo Bipolar

Benedetto Saraceno • LIGMH

Shekhar Saxena • WHO Geneva

Alison Schafer • WHO Geneva

Manuela Silva • LIGMH

Mark van Ommeren • WHO Geneva

Miguel Xavier • NMS, Nova University of Lisbon

Joana Zózimo • LIGMH

TESTIMONIALS

FINLAND • Johanna Cresswell-Smith, Psychologist

Our group was diverse. We had lots of very interesting discussions from different perspectives and that also allowed me to make sense of my local perspective, along with the incredible amount of very senior and very knowledgeable people we got to meet both from the lecturers and the students.

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.

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.

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 a 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 an unique workshop, which, along with the remarkable faculty that guides the course, will certainly result in added value in students professional and personal lives.



GENERAL INFORMATION

Enrollment deadline 15 July 2018

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@lisboninstitutegmh.org

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

www.lisboninstitutegmh.org/training

or contact the Lisbon Learning Program:

registration@lisboninstitutegmh.org

Fees

- The cost of the **whole Learning Program** is 2500€.
- The cost of attending **one** out of the four Advanced Courses is 700€.
- A limited number of (total and partial) registration fees' waivers may be granted to persons from Low Income countries and from Portugal. Requests will be assessed case by case, based on a letter of motivation.

Attendance

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

ECTS

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

INFORMATION AND REGISTRATION

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