

Public Mental Health Section (PMH-section) “Join the network” – meeting

EPH-conference, Stockholm 4/11/2017

Chairmen:

Prof. Dr. Jutta Lindert (president PMH-section) and Prof. Dr. Johan Bilzen (vice-president PMH-section)

Agenda:

- Looking backward: the 1st International Public Mental Health Conference in Vilnius
- Current activities in EUPHA Public Mental Health section
- Liason of the PMH section with Frontiers in Psychiatry
- Volunteering for the PMH section Steering Committee
- Planning for EUPHA 2018
- Looking forward: the 2nd International Public Mental Health Conference in 2019.
- Miscellaneous

1) **Welcome** address.

In total 33 persons attended the meeting from several countries and institutions (although the meeting unfortunately took place during lunch-time). Everyone shortly introduced him-/herself, and was asked to write name and e-mail address on a list that was distributed during the meeting. All agreed to send his/her name and short affiliation to the PMH-section (vice-)president, who will distribute it then to all attendees.

- ### 2) The first **International Public Mental Health Conference** took place from 30th of June – 1st July, 2017 in Vilnius University in Lithuania, and was initiated by the Public Mental Health Section of the European Public Health Association (EUPHA) and organized together with the Public Health Institute of the Faculty of Medicine of the Vilnius University, the Ministry of Health of the Republic of Lithuania, and the Norwegian Institute of Public Health. It was titled: “From fundamentals to innovations” and included topics about global mental health issues, integration of public mental health and psychiatry, knowledge gaps in public mental health, European mental health policy and human rights issues, suicides, adversities and resilience in mental health with special focus on mental health of young people. The PMH-section of EUPHA wants to organize this conference on biennial basis. The main aim is to bring together leading researchers, healthcare workers and policy makers in public mental health and to create an opportunity to intensify networking, sharing ideas and building collaboration together for the better mental health and wellbeing in Europe and in the world. The next PMH-conference will be organised in 2019. The place and topics still need to be decided. Proposals can still be send to the (vice-)president. Some point of attention: preferably organised in an European country where mental health

needs more attention by publicity and press coverage; practical and financial possibilities; guaranteeing safety; limitation of participants, contributing to personal contacts (although mental health is a house with many rooms); mainly aimed to stimulate discussion, collaboration and policy initiatives rather than only presenting research (results); open it up for submission of (a limited number of) abstracts.

- 3) The PMH-section again organised **several activities at the last European Public Health Conference in Stockholm** (1-4 November 2017), including:
 - pre-conference about: Mental health and architecture; Child maltreatment: a public health perspective.
 - oral presentations: Inequalities in physical and mental health; Mental health and sleep disorders
 - pitch presentations: Mental health and cognition; Young people and future mental health
 - workshops: Mental health and climate change; Psychological resilience - concepts, data and challenges for further research; Terrorist attacks and mental healthcare; Building resilience and promoting well being; Terrorist attacks: perceived threat and societal approach

- 4) PMH-section is partner with the journal **Frontiers in Psychiatry** (section Public Mental Health). This opens an interesting collaborative platform for researchers and allows PMH-section members to publish more easily (sometimes it is also possible to get a waiver for the publication fee) in Frontiers. All submissions must of course pass the usual peer review process. Currently Prof. Lindert coordinates as an associate editor an article collection on our first International PMH-conference in Vilnius, bringing together international experts to provide a comprehensive view of this topic. She will also ask more information about inclusion and exclusion criteria with regard to become a reviewer for the journal. People who are interested in becoming a reviewer, are asked to inform the president of the section. There are not so many other journals that are suitable to publish in the domain of specific public mental health. Frontiers in Psychiatry wants to change their focus of interest from predominant clinical based to also more psychosocial and policy oriented research, which is a good opportunity for us to submit our work.

- 5) PMH-section searches volunteers for their **Steering Committee**, which is mainly responsible for collaborating on planning various activities for the section, e.g. workshops and pre-conferences at the annual EPH-conferences, biennial PMH-conferences, cooperation activities, joint projects, etc... These members have to be elected at the annual PMH-section meetings. Steering Committee meetings (often on SKYPE) will be organised and chaired by the president and vice-presidents of PMH-section. Following persons want to join the Committee, and are approved by the attendees of the annual meeting:
 - John M. Cachia (john.cachia@gov.mt)

- Nina Tamminen (nina.tamminen@thl.fi)
- Kristefer Stojanovski (kstojan@umich.edu)
- Ekaterina Ivanova (ekaterina.ivanova1987@gmail.com)
- Nevra Shah (n.shah.s@warwick.ac.uk)

6) Planning for **EUPHA 2018**. We will continue our PMH-section activities in the next year by focusing on:

- environment and public mental health
- violence and public mental health (e.g. child abuse, domestic violence, terror)
- suicide, self-harming and public mental health
- methods in public mental health research

People who concretely wants to participate to these topics, are asked to contact the (vice-)president(s).

Several other ideas about future topics were mentioned by the attendees of the meeting, such as: refugees, migrants and PMH; equity and inequalities in PMH in European countries; social media, virtual contact and PMH; sexual harassment and PMH; empowerment and positive PMH; adolescents and children and PMH; institutionalisation and PMH; training in PMH.