CELEBRATION OF WORLD MENTAL HEALTH DAY

LAUNCH OF THE DIGNITY IN MENTAL HEALTH PROJECT IN PORTUGAL
Porto, October 2015

WORLD DIGNITY PROJECT
Introduction

It is with great honour that we present 2015 World Mental Health Day Celebrations program. Based on the theme proposed by the World Federation for Mental Health (WFMH) for 2015 World Mental Health Day, an ambitious program was developed that seeks to cover some priority areas in the mental health field, and reach different audiences. Several institutions, including mental health charities, academia, public and private institutions have contributed to the development of this program, highlighting the importance of a multisectoral approach to respond to the great challenges faced in this area.

A year to finish the period for the implementation of the National Mental Health Plan (2007-2016), considered one of the priorities of the General Directorate of Health, the reality shows that the situation of the mental health field in Portugal has worsen. In fact: 1) the prevalence of mental illness in the population increased; 2) according to the HBSC 2014 study, one in five teens have hurt themselves to deal with psychological suffering; 3) 20,000 children and young people suffer from a mental health problem in any given year, but at national level there are only 20 beds to treat them; 4) the deinstitutionalized process ended up being trans-institutionalization with a significant number of people ending up in worsen situations; 5) the promised investment in community-based services was limited to a few initiatives.

We can, therefore, assume that Portugal has a long way to go in order to guarantee dignity in mental health, and there is a great need to raise public awareness, and promote a broader debate to work towards this global priority.

With 2015 World Mental Health Day Celebration program we aim to reach different target groups, and contribute to raise awareness and promote a broader commitment to this cause that affects us all.

1 IN 4 PEOPLE IN THE WORLD WILL BE AFFECTED BY A MENTAL HEALTH PROBLEM AT SOME POINT IN THEIR LIVES

THERE IS NO HEALTH WITHOUT MENTAL HEALTH
This conference is organized by the Support Network for the Psychosocial Rehabilitation of People with Mental Illness in the Porto Metropolitan Area (Rede de Apoio à Reabilitação Psicossocial para Pessoas com Doença Mental na Área Metropolitana do Porto – RARP-AMP), an initiative that brings together 12 entities, including charity organizations and the academia. Its purpose is to articulate the different agents of the social sector and higher education who work in this field, in order to develop and coordinate a strategic plan of intervention in this area; create an innovative system for providing articulated rehabilitation care, and to enhance the management of available resources, in order to maximize the access good quality of care.

In this context, RARP-AMP is organizing several conferences about “Rehabilitation and Social Inclusion of people with mental health problems in the Metropolitan Area of Porto”, in order to promote a broader discussion and public awareness of local needs and opportunities in this level of health and social intervention.

The first conference will focus on “THE ROLE OF MUNICIPALITIES” in the Rehabilitation and Social Inclusion of people with mental health problems in the Metropolitan Area of Porto, and will take place on October, 9th, and marks the beginning of the 2015 Celebrations of World Mental Health Day Celebrations.

Rui Moreira  Mayor of Porto
Guilherme Pinto  Mayor of Matosinhos
Manuel Monteiro  Councillor of Vila Nova de Gaia Municipality

Moderadores:
António Marques (PhD)  Member of the RARP-AMP Executive Committee
Vice-President of Porto Polytechnic Institute
DIGNITY IN MENTAL HEALTH FORUM
Porto, Portuguese Catholic University | 30th October 2015 | 10.00am - 16.30pm

Program

8.30am  Registration
9.00am – 9.15am  Welcome session

Mónica Duque
Executive Director of Porto Centre of the Universidade Católica Portuguesa

Filipa Palha
President of ENCONTRAR+SE
Member of the Centre for Studies in Human Development, Universidade Católica Portuguesa

PANEL 1:
Moderators:

Sérgio Mota Saraiva
President of the Portuguese Association of Psychiatric Trainees

9.30am  Dignity in Mental Health – A global priority
Gabriel Ivbijaro
President of World Federation for Mental Health (WFMH)

10.00am  Dignity in first person – “nothing about us without us”
Cecília Villares
São Paulo Federal University

10.20h  Dignity in action – innovation in clinical practice
Lucja Kolkiewicz
Associate Medical Director for Recovery & Well-Being. East London NHS Foundation Trust. London. UK

10.40am - 11am  Coffee-break
PANEL 2 – RESEARCH ON DIGNITY AND MENTAL HEALTH

Moderator:

**António Fonseca**
Director of the Centre for Studies in Human Development, Universidade Católica Portuguesa

11.00am
Mental Health Professionals reinforcement of mental illness stigma

**Joana Figueiras**
AFUA – Association of Family Members, Service-users and Friends of the Magalhães Lemos Hospital

11.10am
Child Abuse and Adult Rape Predict Current PTSD Symptoms Among Women in Primary Care Settings

**Eleanora C. V. Costa**
Centre of Philosophical and Humanistic Studies, Faculty of Philosophy and Social Sciences, Catholic University of Portugal

11.20am
Peer-support in mental health

**Filipa Campos**
FPCE-UP & ESTSP-IPP Psychosocial Rehabilitation Lab

11.30am
Neuropsychological stimulation program in a community context

**Maria Vânia Silva Nunes**
Centre for Interdisciplinary Research in Health, Catholic University of Portugal

11.40am
KOSMICARE – Crisis intervention associated with the use of psychoactive substances in recreational settings

**Maria do Carmo Carvalho**
Faculty of Education and Psychology, Universidade Católica Portuguesa Centre for Studies in Human Development, Universidade Católica Portuguesa

11.50am
MIPA-Mobile: Monitoring psychotherapy with adolescents using mobile applications

**Vânia Sousa Lima**
Faculty of Education and Psychology, Universidade Católica Portuguesa Centre for Studies in Human Development, Universidade Católica Portuguesa

12.00am – 12.30pm Open Discussion

12.30pm – 2.30pm Lunch

2.30pm
Documentary View:
"DOENÇA MENTAL: OLHARES QUE FAZEM A DIFERENÇA"
(MENTAL ILLNESS: PERSPECTIVES THAT MAKE THE DIFFERENCE)
Joint project of two research centres of Catholic University of Portugal: the Research Office on Bioethics and the Research Centre in Science and Technology of Arts.

3.30pm
Comments and Discussion
Invited Guests

**Ana Santos**
Vice-President of Escutar

**António Palha**
Portuguese Psychiatry and Mental Health Society

**Luís Pereira**
Nova Aurora Association

**Sofia Moura Faria**
ALUMNI – Psychology – FEP-UCP
Despite the increasing importance given to the need to meet the psychosocial risks at business, which has led to the implementation of various types of interventions to prevent / deal with this issue (eg. Stress management programs), dealing with mental health problems at the workplace remains an area far from being approached in the Portuguese business context.

Considering that mental illness is the fastest-growing cause of disability, lost time and productivity in the workplace, this Forum aims to provide an opportunity for Portuguese business leaders to discuss with international experts how to deal with mental health issues in the workplace.

Programme

Presentations:

5.00 pm  **Mental illness in the workplace: a reality business leaders have to face**
Speaker: **Lord Dennis Stevenson**
Founder of MQ: Transforming Mental Health, a specialist mental health research foundation established in with the help of the Wellcome Trust.

5.30 pm  **The “Mental Health: We are ready to talk” initiative**
Speaker: **Louise Aston**
Director Business in The Community Workwell (BITC)

6.00 pm  **Mental Health International: Targetting Depression in the Workplace**
Speaker: **Bill Wilkerson**
Global Business and Economic Roundtable on Addiction and Mental Health Co-Founder and CEO/ Chair Targeting Depression in the Workplace

6.30-7.30 pm  Comments and Questions:

**Adelaide Martins**
Human Resources Director, Ascendi

**João Paulo Barbosa**
CEO Dynargie

Open Debate

**SIMULTANEOUS INTERPRETATION**
LAUNCH OF THE DIGNITY IN MENTAL HEALTH PROJECT IN PORTUGAL

Porto, Praça Dom João I, October 31st 2015, 11 am

The launch of the Dignity Project in Portugal aims to contribute to project’s goal: to identify one million individuals, organizations, countries and states to become Foundation Members by adopting the World Dignity Project Symbol so that we can form a global movement to address the stigma related to mental health.

Portugal is one of the countries that contributed in the research that has informed the inspiration for the design for the World Dignity Project, and is proud to launch the project as the closing event of 2015 Celebrations of World Mental Health Day.

This event involves the making of the World Dignity Project by 500 hundred people (mostly university students).

http://worlddignityproject.com