

LISBON LEARNING PROGRAM

# MENTAL HEALTH POLICY AND SERVICES

3<sup>rd</sup> edition - 2019/2020 • Lisboa - Portugal



LISBON INSTITUTE  
of Global Mental Health

NOVA

MEDICAL  
SCHOOL  
FACULDADE  
DE CIÊNCIAS  
MÉDICAS



UNIVERSIDADE  
**NOVA**  
DE LISBOA



# LISBON LEARNING PROGRAM

## 3<sup>RD</sup> EDITION

### ORGANIZED BY



LISBON INSTITUTE  
of Global Mental Health

### In collaboration with:



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

# MENTAL HEALTH POLICY AND SERVICES

**T**he Lisbon Institute of Global Mental Health will initiate during the year 2019 the 3<sup>rd</sup> 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 51 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 International Learning Program on Mental Health Policy and Services consists of 4 Advanced Courses, each including two modules (3+2 days of in-class course followed by 8 weeks of e-learning activities).

Students can choose to attend one or more Advanced Courses. The attendance of one Advanced Course will award a Certificate of Attendance. A Diploma from the NOVA University of Lisbon will be awarded to the students who will successfully attend the four Advanced Courses. The assessment of these students will be made through an essay or a work project, written under the supervision of one of the members of the faculty.

## 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 - 14, 15 & 16 October 2019 - 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 - 17 & 18 October 2019 - 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 - 21 & 22 October 2019 - 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 - 23, 24 & 25 October 2019 - 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 - 13, 14 & 15 April 2020 - 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, J Perelman

**Module 2 - 16 & 17 April 2020 - 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 - 20, 21 & 22 April 2020 - 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 - 23 & 24 April 2020 - 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

**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

**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

**Julian Perelman** • National School of Public Health, Nova University of Lisboa

**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

**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.*

# 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 2019

## 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](mailto:registration@lisboninstitutegmh.org)

- For further information about the registration, please check the website: [www.lisboninstitutegmh.org/training](http://www.lisboninstitutegmh.org/training) or contact the Lisbon Learning Program: [registration@lisboninstitutegmh.org](mailto: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

The 11 ECTS obtained in the Lisbon International Learning Program may be credited to the NMS Ph.D. Programs.



# INFORMATION AND REGISTRATION

## Lisbon Institute of Global Mental Health

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