

Report

Second International Training Forum on Mental Health, Human Rights and Legislation

Geneva, Switzerland

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This document reports on the discussions and key recommendations made at the Second International Training Forum on Mental Health, Human Rights and Legislation organized by the Mental Health Policy and Service Development Team of the Department of Mental Health and Substance Abuse, WHO, Geneva.



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**Mental Health Policy and Service Development
Department of Mental Health and Substance Abuse
Noncommunicable Diseases and Mental Health
World Health Organization**

This report was prepared by Dr Crick Lund (WHO Faculty Consultant for Mental Health Policy and Service Development) of the Department of Psychiatry and Mental Health, University of Cape Town, South Africa.

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CONTENTS

1. Introduction

2. Opening speeches

3. Presentations and discussions

3.1 Plenary meetings

3.2 Working Groups

4. Feedback and key conclusions of the Training Forum

4.1 Headline messages from each Working Group

4.2 Strategies for ongoing work

5. Closure

Appendix 1 – Agenda

Appendix 2 – List of Participants

Appendix 3 – List of Working Groups

Appendix 4 – Evaluation

Appendix 5– Presentations (in separate PowerPoint files **will be sent on special request**)

1. Introduction

Mental health legislation is an essential means of upholding the rights of people with mental disorders, ensuring appropriate treatment and promoting the mental health of populations. However, many countries do not have adequate legislative frameworks for mental health. Mental health legislation is absent in 25 per cent of countries, covering nearly 31 per cent of the world's population. Of the countries which do have mental health legislation, only half (51 per cent) have laws passed after 1990, and nearly a sixth (15 per cent) have legislation dating before the 1960s – before most of the currently used treatment methods became available.

The development of mental health legislation is particularly important in the light of the current burden imposed by mental disorders, globally. It is estimated that mental disorders comprised 12 per cent of the global burden of disease (GBD) in the year 2000, and that this will increase to 15% by 2020. Depression is predicted to become the second leading cause of health disability in the world by 2020. It is therefore essential that governments develop appropriate legislation to uphold the rights of people with mental disorders, ensure appropriate treatment and promote the mental health of their populations.

In recent years, the WHO Mental Health Policy and Service Development Team has been active in providing technical assistance to countries in this regard. A draft Manual on Mental Health Legislation has been developed, to provide countries with practical guidance for the reform of mental health legislation. A number of checklists, audit tools and training exercises have also been developed to assist countries to review and improve their own legislation.

To make these resources available and assist with the process of mental health legislation reform, WHO has organised training forums and workshops at international, regional and national levels. The 1st International Training Forum on Mental Health Policy and Service Development took place in Tunisia in November 2002. This document reports on the 2nd International WHO Training Forum – Mental health, human rights and legislation.

Objectives of the Training Forum

- ❑ To bring together mental health representatives from countries who wish to receive guidance on issues related to mental health, human rights and legislation.
- ❑ To offer information and training in developing and implementing mental health legislation.
- ❑ To provide a forum in which countries can share information and learn from one another's experiences.
- ❑ To establish an international network of people working towards the common goal of promoting and protecting the rights of people with mental disorders.

2. Opening speeches

Dr Benedetto Saraceno, Director, Department of Mental Health and Substance Dependence, opened the meeting and welcomed 125 participants from 56 countries around the world. He stressed the importance of this meeting in the context of the Mental Health Global Action Programme (MhGAP). This 2nd International Training Forum follows logically from the 1st International Training Forum in Tunisia, November 2002, which dealt more broadly with mental health policy. It offers an opportunity to share skills and learn from each other in the development of legislation for mental health and the protection of the rights of people with mental disorders.

In his opening address, Mr Alexander Capron, Director, Ethics and Health, stated that the right to health was established with the formation of WHO nearly 60 years ago. Health is a condition of mental and physical well-being. In many countries this is not honoured. Part of the problem is the limitation of medical interventions and technology. But a central problem is the infrastructure, particularly the legislative framework that ensures that people with mental disorders enjoy their full human rights. Stigma marks mental disorders in ways that used to be true of many physical disorders. The effects of stigma isolate people with mental disorders further and serve to exacerbate the symptoms of mental disorders. Legislation is essential to protect our most vulnerable citizens, particularly those with mental disorders.

To address these concerns, WHO is integrating mental health into public health in a range of areas. Every member state has signed up to a variety of treaties and agreements that protect human rights. There is the economic argument that improved mental health improves the productivity of society. But in addition to this, mental health legislation needs to be developed as a basic means of upholding the rights of people with mental disorders.

The Department of Mental Health and Substance Abuse is a flagship department of WHO that is taking forward its work in human rights. A crucial aspect of this work has been the development of a Mental Health Legislation Manual. In the development of this manual, a variety of stakeholders have been consulted. In other words the development of the manual has upheld the principles that it prescribes. This way of working is now being taken forward in this meeting, to which a range of stakeholders have been invited. Mr Capron wished participants well in this very important meeting.

Dr Helena Silfverhielm, Chairperson, welcomed the participants and outlined the purpose of the Training Forum. She provided an overview of the programme, ways of working and the tasks of the working groups (see Appendix 1, Agenda; Appendix 2, List of Participants; Appendix 3, List of Working Groups).

3. Presentations and discussions

3.1 Plenary meetings

During the plenary meetings, a series of presentations and panel discussions were made. For detail, see Presentations, Appendix 4).

Presentations	Panel discussions
<ul style="list-style-type: none"> ➤ Introducing WHO's work and the International Training Forum (Dr M. Funk) ➤ Mental health law: From Control to Care (Dr B. Saraceno) ➤ Exploring the relationship between health and human rights (Ms H. Nygren-Krug) ➤ What are the international human rights standards related to mental health? (Dr S. Pathare) ➤ Mental health law reform – the user perspective (Mr K. Sylvester) ➤ Mental health law reform – the family perspective (Ms Susan Kirkwood) ➤ What should go into a mental health law? (Professor M. Freeman) ➤ WHO's Checklist on the content of national mental health legislation (Dr H. Watchirs) ➤ Case study: the process of developing a mental health law – the experience of India (Ms U. Ramanathan) ➤ A human rights approach to mental health (Dr L. Gostin) ➤ Case study: implementing mental health law – the experience of South Africa (Professor M. Freeman) ➤ Case study: evaluating mental health law reform – the experience of Italy (Professor M.G. Giannichedda) 	<ul style="list-style-type: none"> ➤ Mental health and human rights (Dr H. Silfverhielm and panel) ➤ The consumer and family perspective (Dr H. Silfverhielm and panel) ➤ The content of mental health law (Dr H. Silfverhielm and panel) ➤ Reflections on the Indian case study (Dr H. Silfverhielm and panel) ➤ Human rights and mental health (Dr H. Silfverhielm and Dr L. Gostin) ➤ Reflections on the South African case study (Dr H. Silfverhielm and panel) ➤ Reflections on the Italian case study (Dr H. Silfverhielm and panel) ➤ Feedback from the final meeting of the Working Groups (Dr H. Silfverhielm)

The plenary sessions provided an opportunity for participants to engage in lively discussion with presenters. Frank questions were posed to the presenters and WHO representatives on a range of topics, from the rights and responsibilities of service users; to the role of legislation in protecting rights and promoting service accessibility; to empowerment of service users

and families; to involuntary admission; to the role of review boards; to the role of consolidated versus dispersed mental health legislation; to seclusion and restraint; to the relationship between legal and mental health professionals; to the relationship between disability legislation and legislation specific to mental health; to the many difficulties of drafting, adopting and implementing mental health legislation; to methodologies for evaluating the implementation of mental health legislation.

3.2 Working groups

Working groups constituted a large portion of the activities of the Training Forum (for lists of Working Groups, see Appendix 3). There were five group sessions during the Training Forum, which covered the following topics:

- Getting to know participants
- The content of national mental health law (using the WHO Checklist and the Selected Provisions of Mental Health Law Exercise
- The process of developing a mental health law (using the WHO Guidance Instrument for Developing, Adopting and Implementing Mental Health Legislation
- Implementing mental health law (using the WHO Guidance Instrument for Developing, Adopting and Implementing Mental Health Legislation
- Reviewing the Training Forum

The Working Groups provided an active learning environment, through which participants could use the WHO tools to assess specific examples of mental health legislation, and relate these to mental health legislation in their own countries. The groups were a forum for engaging with the presented material and learning from shared experiences in countries' mental health legislation and human rights.

4. Feedback and key conclusions of the Training Forum

4.1 Headline messages from each Working Group

During the final plenary session, representatives from each of the Working Groups presented feedback on the major learning experiences of the Training Forum, as well as an evaluation of its success. Some of the headline messages are set out in the following box.

Some headline messages from Working Groups

“We had a very rich exchange of ideas and experiences.”

“The meeting empowered those involved in drafting legislation in some countries, and enabled constructive critique of existing legislation in other countries.”

“We need sustained support in our countries from WHO and technical experts.”

“Through sharing and solidarity we were able to see the practical usefulness of the manual and the need to work consultatively in creating mental health legislation.”

“The active participation of service users and family representatives was extremely useful.”

“It was very valuable to emphasise the human rights of people with mental disorders, in all of our work.”

“There could have been greater representation from a range of stakeholders, such as service users, families, parliamentarians, people from Spanish-speaking countries.”

“Sometimes we feel alone in our countries and it is good to see other people dealing with the same sort of problems. “

“The WHO Checklist is a very useful instrument that allows for flexibility, but also gives guidance.”

“Legislation is not likely to be effective only by being enacted. It is important to see it as a process with effort and involvement.”

“The case study presentations were very helpful. It was good to have real life experience.”

“International obligations on mental health services enabled us to discuss such important issues as confidentiality, involuntary admission, review procedures and the implementation of mental health legislation.”

4.2 Strategies for ongoing work

During the final session of the Training Forum, Dr Saraceno emphasized the need to continue with the work that has begun during this meeting. This meant building a global community of mental health workers (professional and non-professional) who are committed to developing mental health legislation that upholds the rights of people with mental disorders and promotes the delivery of needed services.

Dr Saraceno outlined WHO's commitment to provide continuing support to countries in developing mental health legislation and promoting the rights of people with mental disorders. This includes:

- Dissemination of the Mental Health Legislation Manual, and the related WHO Checklist, training exercises and other audit tools.
- Provision of technical assistance to assist countries to reform mental health legislation.
- Organisation of regional and national training events to empower mental health stakeholders in countries to develop, adopt, implement and evaluate mental health legislation.

5. Closure

Dr Michelle Funk closed the meeting by thanking participants, the chairperson, WHO faculty, working group facilitators, presenters, rapporteurs, interpreters, regional advisors and WHO secretariat in Geneva, particularly the technical and administrative staff for hosting and organising the Training Forum. She also thanked the donors whose generous contributions made this International Training Forum possible: the Governments of Australia, Finland, Italy, the Netherlands, New Zealand and Norway, as well as La Fondation pour Geneve, the Eli Lilly and Company Foundation, the Geneva International Academic Network (GIAN), and the Corporate Social Responsibility Europe, Johnson and Johnson.

Appendix 1. Agenda

Day One - 10 November

08.30 – 09.00	Opening Ceremony Dr B. Saraceno, and Mr A. Capron
09.00 – 09.20	Introducing WHO's work and the International Training Forum (Dr M. Funk)
09.20 – 09.45	Mental health law: From control to care (Dr B. Saraceno)
09.45 – 10.00	The Forum programme and introducing Day One (Lead Facilitator: Dr H Silfverhielm)
10.00 – 10.20	Exploring the relationship between health & human rights (Ms H. Nygren-Krug)
10.20 – 10.50	Break
10.50 – 11.20	What are the international human rights standards related to mental health? (Dr S. Pathare)
11.20 – 11.50	Panel discussion: mental health and human rights (Panel and Dr H Silfverhielm)
11.50 – 13.00	1 st Working Group Meeting – getting to know participants <ul style="list-style-type: none">• Introductions• Role of participants in Mental Health law reform
13.00 – 14.00	Lunch break
14.00 – 14.20	Mental health law reform - the user perspective (Mr K Sylvester, MHUNZA)
14.20 – 14.40	Presentation: Mental health law reform - the family perspective (Ms S Kirkwood, EUFAMI)
14.40 – 15.15	Panel Discussion: the consumer and family perspective (Panel and Dr H Silfverhielm)
15.15 – 15.45	Break
15.45 – 16.45	What should go into a mental health law? (Professor M. Freeman)
16.45 – 17.20	Panel discussion: the content of mental health law (Panel and Dr H Silfverhielm)
17.20 – 17.30	Review of Day One and Preview of Day Two (Dr H Silfverhielm)
19.00	Reception

Day Two - 11 November

08.30 – 08.40	Introducing Day Two (Dr H Silfverhielm)
08.40 – 09.00	Presentation: WHO's checklist on the content of national mental health legislation (Dr H. Watchirs)
09.00 – 10.30	2 nd Working Group Meeting – The content of national mental health law
10.30 – 11.00	Break
11.00 – 12.00	2 nd Working Group Meeting – The content of national mental health law.
12.00 – 13.00	Lunch break
13.00 – 14.00	Open session
14.00 – 14.30	Case study presentation: the process of developing a mental health law – the experience of India (Ms U. Ramanathan)
14.30 – 14.50	Panel discussion: Reflections on the Case Study (Panel and Dr H Silfverhielm)
14.50 – 15.50	3 rd Working Group Meeting – the process of developing a mental health law <ul style="list-style-type: none">• What is the main learning from the Case Study?• What problems would we anticipate in our own national contexts?
15.50 – 16.20	Break
16.20 – 17.20	3 rd Working Group Meeting – The process of developing a national mental health law
17.20 – 17.30	Review of Day Two and Preview of Day Three (Dr H Silfverhielm)

Day Three - 12 November

08.30 – 08.40	Introducing Day Three (Dr H Silfverhielm)
08.40 – 09.10	Case study presentation: Implementing mental health law – the experience of South Africa (Professor Melvyn Freeman)
09.10 – 09.30	Panel discussion: Reflections on the Case Study (Panel and Dr H Silfverhielm)
09.30 – 10.30	4 th Working Group Meeting – Implementing mental health law <ul style="list-style-type: none">• What is the main learning from the Case Study?• What problems would we anticipate in our own national contexts?
10.30 – 11.00	Break
11.00 – 12.00	4 th Working Group Meeting – Implementing mental health law
12.00 – 13.00	Lunch break
13.00 – 13.30	Case Study Presentation: Evaluating mental health law reform – the experience of Italy (Professor M. G. Giannichedda)
13.30 – 13.50	Panel discussion: Reflections on the Case Study (Panel and Dr H Silfverhielm)
13.50 – 14.50	Final Working Group Meeting - Reviewing the Training Forum <ul style="list-style-type: none">• Reflections on personal learning• Completing evaluation proformas• Preparing feedback from the Group
14.50 – 15.20	Break
15.20 – 16.20	Feedback from Final Working Group Meetings Headline messages from the Working Groups
16.20 – 16.35	Next Steps and Closure What will happen next, including Mental Health Networks Closing messages and observations from WHO (Dr B. Saraceno and Dr M. Funk)
16.35	Closure

Appendix 2. List of Participants

Trainers:

Dr Julio Arboleda-Flórez, Professor and Head, Department of Psychiatry, Queens University, Kingston, Ontario K7L 3N6, Canada, Tel: +1 613 544 3400 ext. 2548; Fax +1 613 547 1501; e-mail: Jearflo@aol.com

Dr Xie Bin, Professor, Shanghai Mental Health Center, 600 Wan Ping Nan Rd., Shanghai 200030, China, Tel: +86 21 64387250; Fax: +86 21 64387986; e-mail: bin_xie64@sohu.com

Professor Philippe Chastonay, Public Health Programme Director, Institute of Social and Preventive Medicine, Faculty of Medicine, University of Genève, Centre Médical Universitaire, Michel Servet 1, CH-1211 Genève, Switzerland, Tel: +41 22 702 5922; Fax: +41 22 702 5912; e-mail: Philippe.Chastonay@imsp.unige.ch

Dr Dickson Chibanda, Psychiatrist, University of Zimbabwe, Medical School, Department of Psychiatry, 37 Baines Avenue, Harare, Zimbabwe, Tel.: +263 4 703565; Fax: +263 4 724912; e-mail: dichi@zol.co.zw

Ms Josephine Cooper, Health Legislation Consultant, 33 Leetchworth Parade, Balmoral, NSW 2283, Australia, Tel: +612 4975 2205; Fax: +612 4975 5046; e-mail: sosefinacooper@yahoo.com.au

Professor Christian Courtis, Professor of Law, ITAM, Departamento de Derecho, Campus Río Hondo Río Hondon no. 1, Col. Tizapán San Ángel, México D.F. 01000, México
Tel: +52 55 56284000 Ext 3776; Fax: +52 55 56284037; e-mail: courtis@itam.mx

Associate Dean Robert Dinerstein, Professor of Law, Office of Academic Affairs, American University, Washington College of Law, 4801 Massachusetts Ave, N.W., Suite 362, Washington DC 20016-8192, USA, Tel: +1 202 274 4010; Fax: +1 202 274 4015; e-mail: rdiners@wcl.american.edu

Professor Melvyn Freeman, Human Sciences Research Council, 134 Pretorius Street, Pretoria, 0001, Republic of South Africa, Tel: +27 11 4871228; Fax: +27 12 3022098; e-mail: Mfreeman@iafrica.com

Mr Lance Gable, Center for the Law and the Public's Health, Georgetown University Law Center, 50 F Street, NW, Suite 8250, Washington, DC 20001, USA, Tel: +1 202 662-9281; Email: gablel@law.georgetown.edu

Professor Larry Gostin, Professor of Law, Georgetown University, Professor of P.H. Johns Hopkins. Director, Center for Law & the PH, CDC Collaborating Center Promoting Health through Law, 600 New Jersey Ave, N.W., Washington, D.C. 20001-2075, USA, Tel : +1 202 662 9373; Fax: +1 202 662 9408; e-mail: gostin@law.georgetown.edu

Professor Maria Grazia Giannichedda, University of Sassari, Dipartimento di Economia Istituzioni Società, Via Regina Margherita 15, 07100 Sassari, Italy, Tel: +309 07 922 8977; Fax: +39 07 922 8975; e-mail: giannichedda@uniss.it

Professor Timothy Harding, Institute Universitaire de Médecine légale, Centre Médical Universitaire, 9, av de Champel, CH-1211 Genève 4, Switzerland, Tel: +41 22 702 5594; Fax: +41 22 789 2417; e-mail: Timothy.Harding@medecine.unige.ch

Dr Tae-Yeon Hwang, Director, Department of Psychiatric Rehabilitation and Community Mental Health, Yongin Mental Hospital, 4 Shangha Ri, Kusung Eup, Yongin City, Kyonggi Province 449-769, Korea, Tel: +82 31 288 0206; Fax: +82 31 288 0184; e-mail: lilymh@dreamwiz.com

Professor Lars Jacobsson, Department of Psychiatry, University of Umea, S-901 85 Umea, Sweden, Tel: +46 90 785 6313; Fax: +46 90 785 6597; e-mail: lars.jacobsson@psychiat.umu.se

Professor Emmanuel Kabengele Mpinga, MPH, Social and Preventive Medicine Institute, Faculty of Medicine, IMSP - CMU; Rue Michel Servet 1, 1211 Genève 4, Switzerland, Tel: +41 22 3795921; Fax: +41 22 3795912; E-mail: emmanuel.kabengele@medecine.unige.ch

Dr Nadia Kadri, Associate Professor of Psychiatry, Université Psychiatrique Ibn Rushd, Casablanca, Morocco, Tel: +212 22 206 867; Fax: +212 22 228719; e-mail: psych@casanet.net.ma

Professor Eddie Kane, Senior Advisor on Mental Health and Secure Services, Department of Health, GONW, Room 1808, Sunley Tower, Piccadilly Plaza, Manchester M1 4BE, UK Tel: +44 161 952 4294; Fax: +41 161 952 4032; e-mail: eddie.kane@doh.gsi.gov.uk

Professor Louis Letellier de St-Just, 5421 Grovehill Place, Montreal, Quebec, H3A 1J8, Canada, Tel: +1 514 487 0986; Fax: +1 514 487 8428; e-mail: lletellier@videotron.ca

Dr Crick Lund, 19 Alma Road. Rosebank, 7700 Cape Town, South Africa, Tel: +27 21 6891 546/Cell: +27 82 5107 998; e-mail: crick.lund@iafrica.com

Dr Alberto Minoletti, Jefe Unidad de Salud Mental, Ministerio de Salud, Mac-Iver 459-8° piso 5, Santiago, Chile, Tel: +56 2 6300 710; Fax: +56 2 664 2719; e-mail: aminolet@minsal.cl

Dr Matt Muijen, The Sainsbury Centre for Mental Health, 134-138 Borough High Street, London SE1 1LB, UK, Tel: +44 20 7827 8339; Fax: +44 20 7403 9482; e-mail: matt.muijen@scmh.org.uk

Dr Félicien N'Tone Enyime, Psychiatrist, Mental Health National Coordinator, Ministry of Health Yaounde, Cameroon, Tel: +237 775 277 & 223 1271; Fax: +237 222 5797, e-mail: felenton@yahoo.fr

Dr Soumitra Ramesh Pathare, Consultant Psychiatrist, Ruby Hall Clinic, Sasson Road, Pune Maharashtra 411044, India, Tel./Fax: +91 20 612 3391/ 765 2075; e-mail: spathare@vsnl.com

Ms Avanti Perera, Attorney-at-Law, 14 Nuwarawatte Place, Nawala, Sri Lanka
Tel: +94 1 805 073; e-mail: ap343@cam.ac.uk (Currently, Ms Perera can be contacted at: Lucy Cavendish College, Lady Margaret Road, Cambridge CB3 0BU, UK, till next June 2004)

Dr Svetlana Polubinskaya, Senior Research Scholar, Department of Criminal Law and Criminology, Institute of State and Law, Russian Academy of Sciences, Znamenka St. 10, Moscow 119841, Russian Federation, Tel: +7 095 291 8792; Fax: +7 095 291 8574; e-mail: svepol@yandex.ru

Mrs Usha Ramanathan, Law Researcher, 283 Supreme Enclave, Tower No. 4, 7th floor, Mayur Vinhar, Phase 1, Delhi 110091, India, Tel: +91 11 2275 0861; e-mail: murush@nda.vsnl.net.in

Dr Khaled Saeed, Institute of Psychiatry, B-18 Rawalpindi Medical College Staff Colony, Rawal Road, Rawalpindi, Pakistan, Tel: +92 51 929 0200; Fax: +92 51 4429606; e-mail: saeedx@isb.paknet.com.pk

Dr Helena Silfverhielm, Medical Adviser, National Board of Health and Welfare, Ralambsvägen 3, S-10630 Stockholm, Sweden, Tel: +46 8 5555 3383; Fax: +46 8 5555 3346; e-mail: helena.silfverhielm@sos.se

Dr Helen Watchirs, Regulatory Institute Network, Research School of Social Sciences, Canberra ACT 0200, Australia, Tel: +61 2 6243 8515; Fax: +612 6243 8507; e-mail: Helen.Watchirs@anu.edu.au

Participants

Headquarters:

Dr Bassam Al-Ashhab, Director, Community Mental Health, Ministry of Health, Palestinian Authority, Ramallah, West Bank, Tel: +972-2-298 7146; Tel/Fax: +972 22957392 /3 (general); e-mail: Bassam@iwmail.com

Dr Ayesh Sammour, Director, Community Mental Health, Ministry of Health, Palestinian Authority, Abu Khadra building, Omar Almukhtar Street, P.O. Box 1035, Gaza. Tel/Fax: +972 8-2879846; Tel: +972 8 286 9893 (home); e-mail: ayesh_samour@hotmail.com

African Region:

Dr Abdelhafid Bouslimane, Psychiatre, Hôpital psychiatrique de Oued-Aissi, Tizi-Ouzou, Algeria, Tel: +213 2127 6212; Fax: +213 2127 9081

Professor Abdelkader Semid, Directeur des Actions sanitaires spécifiques, Ministère de la Santé, de la Population et de la Réforme Hospitalière, 128 chemin Mohamed Gacem, El Madania, Alger, Algeria, Tel: +213 2127 9774; Fax: +213 2127 9081

Dr Rui da Encarnação Pires, Psychiatrist, Adviser of Mental Health Programme, Ministry of Health, Angola Psychiatric Hospital, Luanda, Angola, Tel: +244-2 91 50 67 02; e-mail: ruipires@hotmail.com

Dr Alain Maxime Mouanga, Neurologue-psychiatre, Assistant à la Faculté des Sciences de la Santé, Chef du service de psychiatrie au CHU, B.P. 12033 Brazzaville, République du Congo, Tel: +242 62 30 40 (mobile); Fax: +242 82 0009; e-mail: alainmouanga@yahoo.com

Dr David Musau Kiima, Director of Mental Health, Ministry of Health, Afya House, P.O. Box 30016, Nairobi, Kenya, Tel: +254 2 271 7077, Fax: +254 2 272 3410, e-mail: kiima@nbnet.co.ke

Mrs Malephoi Makara, Chief Mental Health Nurse, Mental Health Programme, Ministry of Health and Social Welfare, P.O. Box 540, 100 Maseru, Lesotho, Tel: +266 2231 3744 or 2232 7710; Fax: +266 2231 0467; e-mail: cno@health.gov.ls

Mrs Nnoko Masopha, Attorney-General's Chambers, P.O. Box 33, 100 Maseru, Lesotho Tel: +266 2231 2736; Fax: +266 2231 0929

Ms Antonia Kangumine, Ministry of Health, Private Bag 13198, Windhoek 9000, Namibia Fax: +24 61 245 155

Ms M. Mushimba, Ministry of Health, Private Bag 13198, Windhoek 9000, Namibia Fax: +24 61 227607

Dr Harry Taiwo Ladapo, Consultant Psychiatrist, Psychiatric Hospital Yaba, Lagos, Nigeria email: hladapo@yahoo.com

Mr Spencer Bugingo, Conseil juridique, Ministère de la Santé, B.P. 84, Kigali, Rwanda Tel: +250 577 458; Fax: +250 576 853; e-mail: bugspen@yahoo.com

Ms Yvonne Kayiteshonga, Coordonnatrice du Programme national de Santé mentale, Ministère de la Santé, BP. 3689, Kigali, Rwanda, Tel: +250 518 402; Fax: +250 5748 66; e-mail: ykayiteshonga@yahoo.fr

Ms Nomusa D. Mabaso, Department of Health, Private Bag 828, Pretoria 0001, South Africa, Tel: +27 12 3120478; Fax: +27 12 3120905; e-mail: MabasoN@health.gov.za

Professor Kodjo Grunitzky, Faculty of Médecine, B.P. 1515, 4231 Lomé, Togo Tel: +228 226 7899; e-mail: kgrunitz@tg.refer.org

Mr Fiawonou Yaovi Mawuli, Magistrat-conseiller, Cours d'Appel, B.P. 2141, Lomé, Togo e-mail: marefia@yahoo.com

Dr Fred Kigozi, Senior Consultant Psychiatrist/Director, Butabika Hospital, Zone 14 WPA Zonal Representative, P O Box 7017, Kampala Uganda, Tel: +256 41 504376; e-mail: buthosp@infocom.co.ug

American Region:

Dr Claudina Cayetano, Psychiatrist – Director Mental Health, Mental Health Program, Ministry of Health Belmopan, 13 Veniana Street, Orchid Garden, Belmopan, Belize
Fax: +501 822 2325 / 2264; Fax: +501 833 2942; e-mail: elincaye@btl.net

Dr Angela Caba, Directora General de Salud Mental, Secretaria de Estado de Salud Publica, Ave. Tiradentes Esq. Ave. San Cristobal, Santo Domingo, Rep. Dominicana
Tel: +809 544 4223; Fax: +809 687 6561; e-mail: angelacaba@hotmail.com;
angelacaba@codetel.net.do

Mr Thorne Roberts, Ministry of Health, Botanical Gardens, Ministerial Complex, St Georges, Grenada, Fax: +1 473 440 2485; Fax: +1 473 435 4160; e-mail: thorne_144@hotmail.com

Dr Liliana Peñaherrera, Asesora, Comisión Especial de Estudio sobre Discapacidad, Congreso de la República, Jr. Huallaga 364. Lima, Peru, Fax: +51 1 311-7608, Cel: 51-1 9 957-6665, Casa: 51-1 463-9735; e-mail: lilipenaherrera@bonus.com.pe

Eastern Mediterranean Region:

Dr Ahmed Al Ansari, Chairman, Department of Psychiatry, Ministry of Health, P.O. Box 12, Manama, Bahrain, Tel: +973 270637; Fax: +973 686 022; e-mail: ansariah@batelco.com.bh

Dr Ahmed Heshmat Mohamed, Chief Technical Advisor, Team Leader, Mental Health Programme in Egypt, PO Box 74, Panorama October, 11811 Cairo, Egypt, Tel: +20 2 263 1365; Fax: +20 2 2631385; e-mail: heshmat1@egymen.com

Professor (Dr) Mohamed Hamed Ghanem, General Secretary of Mental Health of Egypt, Abbasseia Hospital, Salah Salem Road, Abbasseia, Cairo, Egypt, Tel: +20 10 6695855; Fax: +20 2 2361385; e-mail: ghanemmohamed2002@yahoo.com

Dr Mohammad Taghi Yasamy, Mental Health Unit, Ministry of Health, Akhavan Building, Valiasr (Amirieh) Street, Teheran, Iran, Tel: +98 21 6960492; Fax: +98 21 646 0497; e-mail: yasamt@yahoo.com

Dr Abderrahmane Didouh, Chef du Service de la Santé mentale et des Maladies dégénératives, Ministry of Health, Rabat, Morocco, Tel/Fax: +212 7 37 671 195; e-mail: ADIDOUH@sante.gov.ma

Dr Yaser Allawati, Consultant, Ibn Sina Hospital, P.O. Box 510, Azalba 130, Sultanate of Oman, Tel. 576 322, Fax 575 362, e-mail yaros29@hotmail.com

Dr Pierre Chiniara, Director, Director of District of Mental Health, Ministry of Health, Damascus, Syrian Arab Republic, e-mail: WHO-SYR@scs-net.org

European Region:

Ms Dévora Kestel, WHO/DPR Mental Health Program Manager, Rruga “Leke Dukagjini nr. 5, Tirana, Albania, Tel: +355 4 266162; Fax: +355 4223841; e-mail: dkestel@who-albania.org

Dr Ledia Lazeri, National Professional Officer, WHO Office, Rr Lek Dukagjini Vila 5, Tirana, Albania, Tel: +355 4 223 841; Fax: 355 426 6162; e-mail: ledial@who-albania.org

Dr Klodian Rjepaj, Country Project Manager, Stability Pact, Internal Medical Corps, Rr. Ymer Kurti P +/1 Shk 1 Ap 5, Tirana, Albania, Tel: (Cell) +355 69 202 9810; e-mail: klo_klo1@yahoo.com

Dr Ismet Ceric, Regional Expert, Medical Faculty, University of Sarajevo, Sarajevo, Bosnia and Herzegovina, Tel: +387 33 471 325; e-mail: umcpsiho@bih.net.ba

Dr Alma Dzubur-Kulenovic, Psychiatrist, Regional Expert - SEE Mental Health Project, Trg heroja 14, 71000 Sarajevo, Bosnia and Herzegovina, Tel: +387 33 203267; Fax: +387 33 203 478; e-mail: almadz@epn.ba

Ms Vesna Puratic, Regional Project Manager, Stability Pact, Regional Project Office, Trg heroja 14, 71000 Sarajevo, Bosnia and Herzegovina, Tel: +387 33 203 267; Fax: +387 33 203 478; email: vesna-ro@bih.net.ba

Professor Cyril Höschl, Director, Prague Psychiatric Centre Ústavní 91, 181 03 Prague 8, Czech Republic, Tel: +420 2 6600 3131; Fax: +420 2 6600 3134; e-mail: hoschl@pcp.lf3.cuni.cz

Dr Athanassios Constantopoulos, Director, Mental Health Centre, Zalogou 6, Agia Paraskevi, Attica 154 43, Greece, Tel: +30 210 60 19212; Fax: +30 210 63 98697; e-mail: mhc@otenet.gr

Dr Ismet Abdullahu, MH Coordinator, Mental Health Office, Ministry of Health, Government Building, St. Nene Tereze, Pristina, Province of Kosovo, Serbia and Montenegro, Tel: +381 38 249 216; e-mail: xhizo@hotmail.com

Mr Aliriza Arenliu, WHO National Professional Officer, World Health Organization, University Clinical Centre, Instituti Kombetar i Shendetesise Publike, St. Nene Tereze P. N., Pristina, Province of Kosovo, Serbia and Montenegro, Tel: +381 38 249 216; e-mail: xhizo@hotmail.com

Dr Maris Taube, Chief Specialist, Development of Psychiatry, Projects & Public Relations, Psychiatry Centre, Str. Tvaika 2, Riga LV 1005, Latvia, Tel: +371 7080 153, Fax: +371 7222 305; e-mail: maris.taube@mental.lv

Dr Ona Davidoniene, Director, State Mental Health Centre, Parko-15, Vilnius LT-2041, Lithuania, Tel: +370 5267 5594; Fax: +370 5267 0080; e-mail: info@vpssc.lt

Dr Nikica Panova, Ministry of Health, Contact person on Mental Health and Assistant to the Head of Department for Secondary and Tertiary Health Care, 50 Divizija No. 6, 1000 Skopje, Republic of Macedonia, Tel: +389 2 311 02 96; Fax: +389 2 3230 857

Ms Smezana Cicevalieva, Head of the Sector for European Integration and International Cooperation, Ministry of Health, 50 Divizija 6, 1000 Skopje, Republic of Macedonia, Tel/Fax +389 23 119 375, e-mail: smezanacicevalieva@yahoo.com

Mr Stojan Bajraktarov, Mental Health Assistant, WHO Skopje, FYR Macedonia, "Mirka Ginova" 17, 1000 Skopje, Republic of Macedonia, Tel: +389 2 30 64599; Fax: +389 2 30 63 710; e-mail: sba@who.org.mk

Dr Mihai Hotineanu, Chief Psychiatrist, Ministry of Health, 2, Alexandri Str., Chisinau, Republic of Moldova, Tel: +373 2 794601; Fax: +373 2 237346/ 738781; e-mail: galwho@mednet.md

Professor Valery Krasnov, Director, Moscow Research Institute of Psychiatry, Poteshnaya str., 3, Moscow 107076, Russian Federation, Fax: +7 095 963 0997; e-mail: krasnov@mtu-net.ru

South-East Asian Region:

Professor Ramesh Bhat, Indian Institute of Management, Vastrapur, Ahmedabad 380 015, Gujarat, India, Tel. +91 79 632 4805; Mobile : +91 982 5443 4963; e-mail: rbhat@iimahd.ernet.in

Dr Kiran Rao, Additional Professor, Clinical Psychology, NIMHANS, Hosur Road, Bangalore - 560 029 India, Tel: +91 80 699 5195; Fax +91 80 699 5000; e-mail: kiranr@nimhans.kar.nic.in

Dr Ravindra Bakre, Programme Officer (Mental Health), Government of Gujarat, Block 5, Dr Jivraj Mehta Bhavan (Old Sachivalaya), Gandhinagar 382 010, Gujarat, India
Tel: +91 79 3253 283; Mobile: +91 98253 19528; e-mail: ravi_bakre@hotmail.com

Dr L. Hiranthi S De Silva, Director of Mental Health Services, Ministry of Public Health, "Suwasiripaya" Deans Rd, Colombo 10, Sri Lanka, Tel: +94 1 2675333 or 2692213; Fax: +94 1 2679162; e-mail: hiranthids@hotmail.com

Dr Apichai Mongkol, Deputy Director-General, Department of Mental Health, Ministry of Health, Tiwanon Rd., A Muang, Momtaburi 11-000, Thailand, Tel: +66 2 951 1356; Fax: +66 2 951 1356; e-mail: apichaim@inet.co.th

Western Pacific Region:

Dr YAN Jun, Project Officer, Division of NCDs Control, Department of Disease Control, Ministry of Health, 1 Xizhimenwai South Road, Xicheng District, Beijing 100044, China
Tel. +86 10 6879 2369; Fax: +86 10 6879 2514; e-mail: ncd6558@hotmail.com

Mr DING Wei, Director, Health Division, Committee for Education, Culture and Public Health, Chinese National People's Congress, 23 Xijiaominxiang, Beijing 100805, China
Tel: +86 10 6309 6571; Fax: +86 10 6309 7281; e-mail: dingw@263.net

Dr ZHANG Mingyuan, President, Chinese Society of Psychiatry, 600 Wanpingnan road, Shanghai 200030, China, Tel: +86 21 6438 7250-3089; Fax: +86 21 6438 4272; e-mail: myzhang@online.sh.cn

Dr XIAO Zeping, Director, Shanghai Mental Health Centre, 600 Wanpingnan Road, Shanghai 200030, China, Tel.: +86 21 6438 7250; Fax: +86 21 6438 7986; e-mail: xzpdgj@online.sh.cn

Dr ZHOU Dongfeng, Vice Director, Institute of Mental Health, Peking University, 51, Huayuanbeilu, Haidian District, Beijing 100083, China, Tel: +86 10 6209 1998; Fax: 86 10 6202 6310; e-mail: zhoudf@public.fhnet.cn.net

Mrs GU Lihong, Vice-President, Xian-Janssen Pharmaceutical Ltd., 18th Floor, Tower A, Pacific Century Place 2A, North Worker's Stadium Rd, Beijing 100027, China
Tel: +86 10 6539 2288-240; Fax: +86 10 6539 1113; e-mail: lgu2@jancn.inj.com

Dr Shisram Narayan, Medical Superintendent, Ministry of Health, St Giles Hospital Compound, PO Box 105, Suva, Fiji, Tel: +679 338 1399; Mobile: +679 9911180; Fax: +679 3381132; e-mail: stgiles@healthfiji.gov.fj

Ms Lusewane Rai Villiame, Legal Officer, Ministry of Health, Dinem House, 88 Amy St, Toorak, P.O. Box 2223, Govt Buildings, Suva, Fiji, Tel: +679 322 1445; Fax: +679 330 6163; e-mail: liligabalavu@health.gov.fj

Dr Nguyen Duc Tien, Expert Department of Therapy, Ministry of Health, 138A Giang vo, Hanoi 1000, Vietnam, Tel: +84 4 846 16423

Dr Tran Van Quang, Expert, Department of Health Legislation, Ministry of Health, 138A Giang vo, Hanoi 1000, Vietnam, Tel: +84 4 846 4416

Consumer and Family Organizations:

Mr Sylvester Katontoka, President, Mental Health Users Network of Zambia, Chainama Hills Hospital for Psychiatry, Ward D & F, P.O. Box 50209, Lusaka, Zambia, Tel: +260 1 282 880; Fax: +260 1 261126; mobile: 260 1 095 83 88 47
e-mail: usersmentalhealth@yahoo.com

Ms Susan Kirkwood, President, European Federation of Associations of Families of Mentally Ill Persons (EUFAMI), Belgium, c/o 78 Cairnfield Place, Aberdeen, AB 15 5NA, Scotland, UK, Tel: +44 1224 630 979; Fax: +44 8700 940 898; e-mail: skirkwooda@cix.co.uk

Observers:

Ms Leen Meulenbergs, Service fédéral public de la Santé, Sécurité de la chaîne alimentaire et environnement, Bratorienberg 20/3, bureau 303, B-1010 Bruxelles, Belgique, Tél: +32 2 210 44 62; Fax: +32 2 218 67 46; e-mail : Leen.Meulenbergs@health.fgov.be

Dr John Owens, Chairman, Mental Health Commission, 14 Baggot Court Dublin 2, Ireland Tel: +35 31 639 1460; Fax: +353 1 639 1466; e-mail: john_owens@mhcirl.ie

Dr Teresa Carey, Inspector of Mental Health, Mental Health Commission, 14 Baggot Court, Dublin 2, Ireland, Fax: +353 6391 466

Dr Maurizio Focchi, President, Citizenship, Via Roma 38, Rimini 47900, Italy Tel: +39 335 57 44205; Fax: +39 0541 742 167; e-mail: m.focchi@focchi.it

Dr Fabrizio Oleari, Director General, Ministry of Health, Department of Prevention, Via Sierra Nevada, 60, 00144 Roma – Italy, Tel. +39-06-5994.4205; Fax +39-06-5994.4256; e-mail: prevenzione@sanita.it

Dr Laura Pecoraro, Mission permanente de l'Italie auprès de l'Office des Nations Unies et des autres Organisations internationales à Genève, Chemin de l'Impératrice 10, 1292 Chambésy, Switzerland, Tel. +41 22 918 08 10, Fax: +41 22 022 734 67 02

Professor Kristian Wahlbeck, STAKES, PO Box 220, FIN 00531 Helsinki, Finland, Fax +358-9-3967 2155, e-mail: kristian.wahlbeck@stakes.fi

Dr David Chaplow, Director of Mental Health and Chief Advisor (Mental Health), Ministry of Health, P O Box 5013, Wellington, New Zealand, Tel: +64 4 4962304; Fax: +64 4 4962559; e-mail: david_chaplow@moh.govt.nz

Mr Adrian Arena, Program Officer for Human Rights, Oak Philanthropy, 4, rue de la Tour de l'Ile, CH-1201 Genève, Switzerland, Tel: +41 22 318 8640; Fax: + 41 22 318 8641; e-mail: adrian.arena@oakfnd.ch

Mr Randall Harbour, Executive Secretary, Geneva International Academic Network (GIAN), Villa Rigot, Avenue de la Paix 9, 1202 Genève, Suisse, Tel: +41 22 734 67 80; e-mail: harbour@ruig-gian.org

Ms Georgina Harley, International Health Program, UN & Commonwealth section, AusAID, GPO Box 887, Canberra 2601, Australia, Tel. +61 2 6206-4975; Fax: +61 2 6206 4925; e-mail: georgina-harley@ausaid.gov.au

Mr Stefano Sensi, OHCHR-UNOG (United Nations Office at Geneva), Palais des Nations, 1211 Geneva 10, Switzerland, Tel: +41 22 917 9107; Fax: +41 22 917 9010

Dr Mohammed Mandour, c/o Dr Rino Pappagallo, Italian Consulate/ Cooperation, Egypt Tel: + 972-2-532-2904; Email: pappagallo@itcoop-jer.org

Secretariat:

Dr Thérèse Agossou, STP, Mental Health Programme, WHO Regional Office for Africa, Cité de Djoué, PO Box 6, Brazzaville Congo, Tel: +47 241 39385; Fax: +47 241 39514; e-mail: agossout@afro.who.int

Dr José Bertolote, Coordinator, Management of Mental and Brain Disorders, Department of Mental Health and Substance Dependence, World Health Organization, Avenue Appia 20, CH-1211 Genève 27, Switzerland, Tel: +41 22 791 3627; Fax: +41 22 7914160; e-mail: bertolotej@who.int

Dr José Miguel Caldas de Almeida, Program Coordinator for Mental Health, WHO Regional Office for the Americas, Washington, D.C., USA, Tel: +1 202 974 3000; Fax: +1 202 974 3663; e-mail: caldasaj@paho.org

Mr Alexander Capron, Director, Ethics, Trade Human Rights and Law, WHO Headquarters, Geneva, Switzerland, Tel. +41 22 7911439, e-mail: caprona@who.int

Dr Vijay Chandra, Regional Adviser for Health and Behaviour, WHO Regional Office for South-East Asia, New Delhi, India, Tel: +91 11 331 7804; Fax: +91 11 331 8607; e-mail: chandrav@whosea.org

Ms Nathalie Drew, Technical Officer, Mental Health Policy and Service Development, Department of Mental Health and Substance Dependence, World Health Organization, Avenue Appia 20, CH-1211 Geneva 27, Switzerland, Tel: +41 22 791 3206; Fax: +41 22 791 4160; e-mail: drewn@who.int

Dr Michelle Funk, Coordinator, Mental Health Policy and Service Development, Department of Mental Health and Substance Dependence, World Health Organization, Avenue Appia 20, CH-1211 Geneva 27, Switzerland, Tel: +41 22 791 3855; Fax: +41 22 791 4160; e-mail: funkm@who.int

Ms Margaret Grigg, Technical Officer, Mental Health Policy and Service Development, Department of Mental Health and Substance Dependence, World Health Organization, Avenue Appia 20, CH-1211 Geneva 27, Switzerland, Tel: +41 22 791 1657; Fax: +41 22 791 4160; e-mail: griggm@who.int

Ms Adeline Loo, Administrative Assistant, Mental Health Policy and Service Development, Department of Mental Health and Substance Dependence, World Health Organization, CH-1211 Geneva 27, Switzerland, Tel. +41 22 791 3917; Fax: +41 22 791 4160; e-mail: looa@who.int

Ms Tanya Norton, Technical Officer, Ethics, Trade, Human Rights and Health Law, Sustainable Development and Healthy Environments, World Health Organization, CH-1211 Geneva 27, Switzerland, Tel: +41 22 791 2753; Fax: +41 22 791 4726; e-mail: nortont@who.int

Ms Helena Nygren-Krug, Human Rights Adviser, Ethics, Trade, Human Rights and Health Law, Sustainable Development and Healthy Environments, World Health Organization, Avenue Appia 20, CH-1211 Geneva 27, Switzerland, Tel: +41 22 791 2523; Fax: +41 22 791 4726; e-mail: nygrenkrugh@who.int

Ms Geneviève Pinet, Chief Health Legislation, Ethics, Trade, Human Rights and Health Law, Sustainable Development and Healthy Environments, World Health Organization, CH-1211 Geneva-27, Switzerland, Tel: +41 22 791 2457; Fax: +41 22 791 4328; e-mail: pinetg@who.int

Dr Wolfgang Rutz, Regional Adviser for Mental Health, WHO Regional Office for Europe, 8 Scherfigvej, DK-2100, Copenhagen 0, Denmark, Tel: +45 39 171717; Fax: +45 39 171818; e-mail: wru@who.dk

Dr Benedetto Saraceno, Director, Department of Mental Health and Substance Dependence, World Health Organization, Avenue Appia 20, CH-1211 Geneva 27, Switzerland, Tel: +41 22 791 3603; Fax: +41 22 791 4160; e-mail: saraceno@who.int

Mr Jacob Taylor, Intern, Mental Health Policy and Service Development, Department of Mental Health and Substance Dependence, World Health Organization, CH-1211 Geneva 27, Switzerland, Tel: +41 22 791 2791; Fax: +41 22 791 4160; e-mail: taylorj@who.int

Dr Liliana Urbina, Mental Health Desk Officer, WHO Regional Office for Europe, 8 Scherfigvej, DK-2100, Copenhagen, Denmark, Tel: +45 39 171401; Fax: +45 39 171818; e-mail: lur@who.dk

Mr Javier Vasquez, Human Rights Lawyer, Division of Health Promotion and Protection, WHO Regional Office for the Americas, Washington, D.C., USA, Tel: +1 202 974-3762; Fax: +1 202 974 3640; vasquezj@paho.org

Dr WANG Xiangdong, Regional Adviser for Mental Health, WHO Regional Office for the Western Pacific, PO Box 2932, 1099 Manila, Philippines, Tel: +632 528 8001; Fax: +632 521 1036; e-mail: wangx@wpro.who.int

Mrs Anne Yamada, Administrative Assistant, Department of Mental Health and Substance Dependence, World Health Organization, CH-1211 Geneva 27, Switzerland
Tel: +41 22 791 2677; Fax: +41 22 791 4160; e-mail: yamadavetscha@who.int

Mrs Razia Yaseen, Administrative Assistant, Mental Health Policy and Service Development, Department of Mental Health and Substance Dependence, World Health Organization, 20 Avenue Appia, CH-1211 Genève 27, Switzerland, Tel: +41-22 791 4787; Fax: +41-22 791 4160; Email: yaseenr@who.int

Appendix 3. Working groups

Working Group One (French speaking):

Lead facilitator: Dr Félicien N'Tone & co-facilitator Dr Louis Letelier

- Professor Abdelkader – Algeria
- Dr Abelhatic Bouslimane – Algeria
- Dr Alain Maxime Mouanga - République du Congo
- Ms Yvonne Kayiteshonga – Rwanda
- Dr Abderrahman Didouh – Morocco
- Professor Kodjo Grunitzky – Togo
- Dr Mihai Hotineanu – Moldova

Working Group Two:

Lead facilitator Professor Melvyn Freeman & co-facilitators Dr Dickson Chibanda, Dr Crick Lund

- Dr Rui da Incarnacao Pires - Angola.
- Dr David Musau Kiima – Kenya
- Mrs Malephoi Makara – Lesotho
- Mrs Noko Masopha – Lesotho
- Ms M. Mushimba – Namibia
- Ms Antonia Kangumine – Namibia
- Dr Harry Taiwo Ladapo – Nigeria
- Ms Nomusa D. Mabaso - South Africa
- Dr Fred Kigozi - Uganda

Working Group Three:

Lead facilitator Dr Robert Dinerstein & co-facilitator Professor Lawrence Gostin

- Dr Cayetano - Belize
- M. Spencer Bugingo – Rwanda
- Dr Angela Caba - Rep. Dominicana
- Mr Thorne Roberts – Grenada
- Dr Liliana Peñaherrera – Peru
- Dr Shish Ram Narayan – Fiji
- Ms Lusewane Rai Villiame – Fiji

Working Group Four:

Lead facilitator Dr Khalid Saeed & co-facilitator Dr Usha Ramanathan

- Dr Mohammad Taghi Yasamy – Iran
- Dr Ahmed Al Ansari – Bahrain
- Dr Ahmed Abdel Rehim Mohamed – Egypt
- Professor Ghnam - Egypt
- Dr Yashir bin Abdul Rehda Bager Al Lawati – Oman
- Dr Pierre Chiniara - Syrian Arab Republic
- Dr Bassam Al-Ashhab – West Bank
- Dr Ayesh Samour - Gaza

Working Group Five:

Lead facilitator Dr Matt Muijen & co-facilitators Dr Svetlana Polubinskaya, Dr Helen Watchirs

- Dr Devora Kestel – Albania
- Dr Ledia Lazeri – Albania
- Dr Alma Dzubur-Ku – Bosnia and Herzegovina
- Dr Ismet Ceric - Bosnia and Herzegovina
- Dr Haris Taube – Latvia
- Dr Ona Davidoniene – Lithuania

Working Group Six:

Lead facilitator Professor Christian Courtis & co-facilitators Dr Eddie Kane, Dr Lars Jacobson

- Dr Athanassios Constantopoulos – Greece
- Professor V. Krasnov - Russian Federation
- Professor Cyril Höschl- Czech Republic
- Dr Nikica Panova – Macedonia
- Ms Snezana Cicevalleva – Macedonia
- Mr Stojan Bajraktarov – Macedonia
- Dr Aliriza Arenliu – Province of Kosovo, Serbia and Montenegro
- Dr Ismet Abdullahu – Province of Kosovo, Serbia and Montenegro

Working Group Seven:

Lead facilitator Dr Soumitra Pathare & co-facilitator Dr Nadia Kadri

- Professor Ramesh Bhat - India

- Dr Kiran Rao – India
- Dr Ravindra Bakre – India
- Dr Apichai Mongkol - Thailand
- Dr Yan Jun – China
- Dr Zhang Mingyuan –China
- Dr Liu Jin – China

Working Group Eight:

Lead facilitator Professor Josephine Cooper & co-facilitator Dr Xie Bin

- Dr Ding Wei – China
- Dr Xiao Zeping – China
- Dr Zhou Dongfeng – China
- Dr Gu Lihong – China
- Dr Nguyen Duc Tien – Vietnam
- Dr Tran Van Quang – Vietnam
- Dr L. Hiranthi S De Silva - Sri Lanka

Appendix 4. Evaluation

Second International Training Forum on Mental Health, Human Rights, and Legislation Geneva, Switzerland, 10-12 November 2003

Evaluation Report

This is a summary of the evaluation of the Second International Training Forum on Mental Health, Human Rights, and Legislation, held in Geneva, Switzerland, November 2003, organized by the Mental Health Policy and Service Development team, Department of Mental Health and Substance Dependence at WHO Headquarters

One hundred and five participants coming from 56 countries in each of the 6 WHO regions attended the Training Forum including Ministry of Health participants ranging from policy makers and planners to service providers of health/mental health. There were an additional 20 participants from WHO secretariat, comprising regional advisors from AMRO, EURO, WPRO, AFRO and SEARO as well as technical and administrative support staff from the Departments of Mental Health and Substance Abuse, and Ethics and Human Rights at WHO HQ, totalling a number of twenty.

The atmosphere of the meeting was positive and collaborative and with a high level of commitment to the Mental Health, Human Rights, and Legislation project was demonstrated by participants. A large majority of participants regarded the Geneva training forum on mental health, human rights, and legislation as providing a valuable learning experience. Many participants felt that all goals of the Forum were successfully attained. The majority of respondents commented positively on the achievements of the forum and its efficiency as a collective point of reference for the development of their own legislation in the area of mental health and human rights.

Were the Forum goals met?

The majority of participants considered the aims of the Forum had been adequately met. Eighty-five percent of participants rated the effectiveness of the Forum as good to excellent in outlining WHO's framework for developing and implementing mental health legislation. Additionally, as many as 90% of participants rated the technical information and training provided on international standards related to the rights of people with mental disorders as good to excellent. Another 86% highly rated the provision of training to assess, develop, and implement mental health laws. Eighty percent of participants stated that the forum was successful in facilitating the sharing of information and experiences between countries with regard to mental health, human rights and legislation.

How were the different sessions of the Forum ranked?

The training Forum included plenary presentations, case study presentations, panel discussions, and working group discussions. A Resource Pack of reading materials and tools was prepared and provided to participants well in advance of the forum in order to facilitate the completion of training exercises during the working group sessions. In general, participants felt that presentations and discussions were all effective in offering them more knowledge about developing and implementing their country's mental health law.

Fifty out of 66 participants (76%) ranked the information offered to them during plenary and case study as good to excellent. Many participants found these sessions extremely useful in helping participants understand, document, and reform their mental health legislation. Panel discussions were also well received amongst many participants (48 out of 66: 73%) who ranked them as good to excellent. However a few French-speaking participants felt they would have benefited more from panel discussions had they been interpreted from English to French.

Working group discussions were ranked as good to excellent by 90% of participants. Participants felt that such discussions were integral and conducive to networking possibilities between countries in similar stages and processes of legislative development. Lastly, 88% of the participants found the Resource Pack to be very useful in their understanding of the Forum.

Was the Forum Organization and venue satisfactory?

As many as 87% of respondents ranked the Organization and Venue of the meeting as “good to excellent” and a large majority of participants (86%) ranked the event administration as “good to excellent”. 42 out of 63 of respondents (67%) highly ranked the catering with a few concerns expressed regarding the insufficient time allocated to lunch breaks. 56 out of 64 respondents (88%) ranked the overall facilities for the training Forum “good to excellent”. Additionally, 47 out of 61 respondents (77%) were highly satisfied with lodging options, although a few participants expressed concerns about the high costs in Geneva.

Table 1: Rankings of the different components of the 2nd International WHO Training Forum on Mental Health, Human Rights, and Legislation held in Geneva, Switzerland on 10-12 November 2003

Number of respondents: 66	N / A	1 Poor	2 Average	3 Good	4 Excellent
1. AIMS- Have we met the aims of the Forum?					
(i) to outline WHO’s framework for developing and implementing mental health legislation		1	3	30	26
(ii) To offer technical information and training on international standards related to the rights of people with mental disorders		1	5	25	34
(iii) To provide training on the steps required to assess, develop, and implement mental health law		2	6	25	32
(iv) To facilitate the sharing of information and experiences between countries in the areas of mental health, human rights, and legislation		1	11	24	29
2. Activities and inputs- How valuable were the following activities and inputs?					
(i) Working group discussions		2	3	17	42
(ii) Case studies and presentations		2	12	31	19
(iii) Panel discussions		1	16	34	14
(iv) The Resource Pack		2	5	28	30
3. Organization and Venue- How would you rate the following?					
(i) Event Administration		1	8	30	25
(ii) Facilities for the Training Forum (meeting rooms etc.)		4	5	24	32
(iii) Catering		6	15	25	17
(iv) Your Hotel Room		5	9	24	23

Appendix 5. Presentations

Will be sent only upon specific request.