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Sri Lanka Delivers Training of Trainers (TOT) on Mental Health Nursing Theory and Practice



From November 25-27, 2009, an orientation and training program aimed at Sri Lankan nurses was held at the National Institute of Mental Health (NIMH) training centre in Angoda. The event was co-organized by NIMH, the Trauma and Global Health (TGH) Program, the People's Rural Development Association (PRDA)-Sri Lanka and Barnet, Enfield and Haringey (BEH) Trust and NHS (National Health Service), UK. The three-day workshop was limited to 25 nurses and birth attendants selected by the NIMH who could serve as future nurse trainers. The workshop involved presentations, group exercises, role plays and discussions on

therapeutic relationships, recovery approaches, cognitive behavioural therapy (CBT), counselling and counselling skills, issues of power relationships between patients and nurses, resources for learning and development and family and community care. Participants reported that the workshop contributed extensively to improving their knowledge and skills and asked for further training in



problem solving techniques to deal with cases of alcohol and drug abuse, suicide and mental health problems of adolescents. The TOT was

preceded by a general orientation workshop on mental health nursing theory and practice on November 24 and attendants and volunteers from the UK working under the scheme 'Voluntary Services Overseas' at NIMH and the School of Nursing at Mulleriyawa Hospital.



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Meeting on Mental Health of Indigenous Peoples of Latin America



From December 2-4, 2009, a meeting on the mental health of indigenous peoples of Latin America was held by the Pan-American Health

Organization (PAHO), with the official participation of Argentina, Chile, Panama, Nicaragua and Canada. TGH Guatemala team leader Dr. Victor Lopez was invited to participate and to share his experiences on the topic "Psychiatric morbidity in rural and indigenous populations". He is pictured above (far right) at the meeting.

Global Health Researchers Converge in Cairo, Egypt

From October 19-21, 2009, Canadian and LMIC researchers supported by the Teasdale-Corti Global Health Research Partnership Program came together in Cairo, Egypt. In meeting and sharing their collective

experience, the group aimed to identify recent advances and gaps in global health research, strengthen team research and capacity building activities, and help shape the Global Health Research Initiative (GHRI) program. GHRI is the research funding partnership of five agencies and departments of the Government of Canada and it has supported the Teasdale-Corti grant program. TGH Program Team Leader, Dr. Duncan Pedersen, provided the opening presentation titled "Global health and local realities: an emerging area of enquiry." Over the course of the meetings, the group discussed their priorities and vision for the future of global health research.

CIHR Journalism Award Recipient Reports on Sri Lanka

Supported by a CIHR Journalism Award, Le Devoir journalist Lisa-Marie Gervais travelled to Sri Lanka in November to report on the lingering impacts of the 2004 tsunami and decades of civil war. Links to her articles (in French) are here: <http://www.ledevoir.com/international/asi/280087/les-cicatrices-du-tsunami>; <http://www.journalmetro.com/monde/article/405511--les-deplaces-des-camps-tamouls-au-sri-lanka-une-liberation-pour-le-meilleur-et-pour-le-pire>; <http://www.ledevoir.com/international/asi/278074/sri-lanka-le-lent-retour-des-refugies-tamouls>; <http://www.ledevoir.com/international/actualites-internationales/278159/sri-lanka-comment-retablir-la-paix>; and http://www.radio-canada.ca/audio-video/pop.shtml#urlMedia=http://www.radio-canada.ca/Medianet/2009/CBF/Desautels200911271732_2.asx. The first article quotes former TGH fellow Judy Jeyakamur. The 2008 CIHR Journalism Awards gave 19 Canadian journalists critical extra resources to conduct additional in-depth investigation and reporting of health research issues of interest to Canadians.



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Award-Winning TGH Funded Research Sheds Light on Andean Mental Health and Resilience

TGH team member Darsy Calderón's study, *Resiliencia Frente a la Violencia Política en Instituciones Educativas de dos Ciudades Andinas*, was named the best research paper presented to the Universidad Peruana Cayetano Heredia's Faculty of Public Health and Administration as part of the celebration of the XVII Jornadas Científicas "Raul Gamboa Aboado". Calderón's research compares aspects of resilience in two educational institutions in the city of Ayacucho with two others in the city of Cuzco following each area's experiences of political violence. The final report (Spanish only) is available on our website at: <http://www.mcgill.ca/files/trauma-globalhealth/InformeResilienciaAndinas.pdf>

Canada's Prime Minister Stephen Harper Calls for Global Health Care Action

At this year's World Economic Forum in Davos, Canadian Prime Minister Stephen Harper announced the priorities Canada will focus on as presiding country over the G8 and G20 this year. As the first country to host both events within the same year, Canada will champion a major initiative to improve the health of women and children in the world's most vulnerable regions. Living in a global environment loaded with complex daunting threats, Harper called for the need of the G8 to assume a global leadership role. While the world's economic crisis triggered much immediate help and action from the states which led to relief, similar action needs to be translated over to other policy areas, such as global health. What is needed to tackle today's health challenges is "merely the same unity of

purpose that we can find within ourselves readily when disaster strikes, as it recently did in Haiti, or when the problem is one of trade, finance or the economy." The Prime Minister uttered his hopes that other G8 countries would join him in the country's mission to alleviate the health situation of the world's poorest. [Reprinted from Graduate Institute - Geneva, *Global Health Programme Newsletter, Issue 6, February 2010*].

TGH Heads to Havana for Global Health Forum

From November 16-20, 2009, the Global Forum for Health Research held its annual meeting in Havana, Cuba. Bringing together over 900 participants from 85 different countries, the Forum featured traditional plenary sessions and interactive "unsessions", as well as innovative case studies from social entrepreneurs and approaches to priority setting and health systems strengthening in the global health context. TGH Program Leader Duncan Pedersen participated as a reviewer in one of the sessions organized by the GHRI and presented the TGH program in a meeting organized by the Coalition for Global Health Research. For more information about the Forum, please visit <http://www.globalforumhealth.org/Forums/Annual-Forums>

Douglas Hospital Welcomes Peruvian Doctor

TGH members welcome Dr. Fernando Luna from Peru, who will be spending a month at the Douglas Hospital Research Centre to receive training in motivational interviewing and applications of the Brief Intervention Protocol for Alcohol Abuse with Dr. Tom Brown, Dr. Jacques Tremblay and other staff of the Foster Pavilion.



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TGH Discusses Joint Programming with Occupied Palestinian Territories

From December 10-11, a planning meeting hosted at the International Development Research Centre headquarters in Ottawa brought together TGH team members Consuelo Errázuriz, Duncan Pedersen (Montreal, Canada) and Abdel Hamid Afana (Gaza) with two professors, Yoke van der Meulen and Rita Giacaman, from Bizreit University in the West Bank, to discuss alternatives for joint programming in trauma and global health. IDRC provided grants for participants' travel to Ottawa for a 2 day meeting and a workshop was held in the TGH headquarters in Montreal at the end of the Bizreit University professors' visit.

General Orientation on Mental Health Nursing Theory and Practice in Sri Lanka

On November 24, 2009, a one day workshop was held at the NIMH training centre in Angoda and was attended by 65 participants, including nurses, birth attendants and volunteers from the UK working under the scheme 'Voluntary Services Overseas' at NIMH and the School

of Nursing at Mulleriyawa Hospital (near Angoda). Through presentations and plenary/panel discussions, the workshop provided a general orientation on changes in mental health practice, barriers to good practice and ways of improving nursing practices in mental health services.

TGH Program Introduced to Quebecois Anthropologists

TGH Research Associate Hanna Kienzler participated in the 3rd Annual Salon de l'anthropologie, held at Laval University from February 27-28 of this year, where she presented the TGH program and a movie on Tibetan medicine as part of a panel on Globalization and Health. The theme of this year's forum for members of the Association of Anthropologists of Quebec was Globalization and Dominance. For more information on the Salon, please visit: <http://www.aanthq.qc.ca/#salon2010>.

New Books for NIMH, Sri Lanka

Mr. Oliver Treacy, Borough Director of Mental Health Services Enfield Directorate donated 500 British Pounds to NIMH for purchasing books for their library on behalf of BEH

NHS Mental Health Trust. Mr. Treacy hoped that NIMH would use this donation to buy relevant and useful books for the training of nurses. A further donation of books was made on behalf of TGH Program Partner, the People's Rural Development Association (PRDA).

Guatemala Celebrates World Mental Health Day

On November 13, 2009, the TGH program in Guatemala and other collaborators held a national celebration of World Mental Health Day. The event consisted of a one-day symposium with the participation of various institutions working on mental health in the country. The Minister of Health, the Country Representative of PAHO in Guatemala and several members of the local press attended the event. Victor Lopez presented the results of the National Survey of Mental Health carried out by the TGH program in collaboration with Universidad de San Marcos and highlighted the important role of the TGH program in the training of interviewers in the application of the instruments of the survey. Approximately 120 activists and professionals working in the mental health attended the activity.



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Delivering Capacity Building Lectures at the Intersection of Medicine, Psychiatry and Anthropology

TGH team members gave a number of presentations this past fall to diverse audiences in Montreal and Toronto. On October 6, TGH Project Leader Dr. Duncan Pedersen presented information about the Trauma & Global Health Program to the McGill Humanitarian Studies Initiative for Residents, a multi-disciplinary program that trains resident-physicians and fellows who have had some previous experience in international health and/or in humanitarian response to disaster and refugee crises. On October 27, Dr. Pedersen was joined by Dr. Victor Lopez, TGH Team Leader for Guatemala, as well as Patrick Corrigan and Julio Arboleda-Florez to give a presentation entitled *Mental Illness and Addiction, Stigma and Discrimination: Addressing the Global and Local Challenges in Primary Care* as part of a Centre for Addiction and Mental Health

seminar, *Strengthening Global Health in Primary Care*, organized to commemorate World Mental Health Day in Toronto. Approximately 50 people participated including psychiatrists, psychologists and other professionals working in CAMH in Toronto and in other parts of Ontario and Canada. On November 25, Dr. Pedersen presented a documentary film at the Douglas Institute and facilitated a discussion on Tibetan medicine and ancient forms of healing knowledge and practices. Finally, on November 27, Dr. Pedersen lectured on his international work to a group of McGill psychiatry residents.

Sri Lanka Hosts General Orientation Workshop on Mental Health Care

From November 30 to December 1st, 2009, a general orientation workshop on mental health care was held at the auditorium of the Regional Directorate of Health Services in Batticaloa, Eastern Province—at one time a heavily

war affected region, but more recently the location for several new mental health units. The workshop was attended by 40 participants of whom the majority were nurses affiliated to hospitals in Batticaloa, Kalmunai and Akkaripattu. Others included psychosocial advisors/workers, counsellors and medical officers of mental health and a few NGO workers. The workshop programme included presentations, group work and panel discussions on mapping of mental health services, CBT as a framework for counselling, balanced care and inter agency work, recovery approach, role of hospitals and medication, framework for care planning and improving individual care. Most presentations were in English, translated into Tamil by an expert translator, sometimes helped by Dr Gadambanathan and Dr Judy Jayekumar. Dr S. Sathurmugam, Regional Director of Health Services attended the workshop inauguration and Dr T. Gadambanathan, District Psychiatrist participated throughout the workshop.

what's new?

Have something to share with the rest of the team? Send your news and feedback to Tamsyn Farr at tamsyn.farr@gmail.com



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Stay Tuned: Movement for Global Mental Health



For information on global mental health issues and events, TGH members and stakeholders may be interested in the *Movement for Global Mental Health* website (<http://www.globalmentalhealth.org/>) and newsletter (http://www.globalmentalhealth.org/articles_introductions_134.html).

The *Movement for Global Mental Health* aims to improve services for people with mental disorders worldwide. In so doing, two principles are fundamental: first, the action should be informed by the best available scientific evidence; and, second, it should be in accordance with principles of human rights. The GMH Movement is a global network of individuals and institutions that support this mission, and includes the TGH program as an active associated member.

TGH Presents Guatemalan Case Study at 1st Annual Global Health Research Learning Forum

On October 25, 2009, the Canadian Coalition for Global Health Research hosted the 1st Annual Learning Forum on Global Health Research in Ottawa, Ontario. Victor Lopez, Team leader Guatemala, participated in the workshop entitled, *Twice Vulnerable: Human Rights and Access to Care: Challenges in Global Mental Health Research*, where Guatemala was presented as a case study of human rights and access to mental health care, as well as the role of international cooperation in addressing these issues. Dr. Lopez presented the knowledge transfer activities being carried out through the TGH program and the national mental health network in order to support the development of public policy and legislation on mental health. For the CCGHR final report on the forum, please visit: http://www.ccghr.ca/docs/LF_Report09_e.pdf

TGH Program Co-Organizes Workshop for Sri Lankan Social Workers

On December 7-8 2009, over 70 participants attended a workshop in Angoda aimed at professional social workers. The two-day event was organized by the National Institute of Mental Health (NIMH), the Trauma and Global Health (TGH) Program partner, the People's Rural Development Association (PRDA)-Sri Lanka and the Sri Lanka Association for Professional Social Workers. The themes covered in workshop presentations included medical/illness models vs social models, community perceptions of mental illness, effects of stigma and social exclusion on people with mental health problems, experiences of ex-patients living in communities, ways of consulting and involving communities, providing care in situations where resources are lacking and mobilizing resources and networking with agencies. Participants were awarded a certificate of participation.



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notes from the field

Roots of Resilience Run Deep in Ayacucho



After spending a few months in Lima, I had come to Ayacucho to become acquainted with 'life in the field'. I was here to hear stories, make observations and try to understand the everyday life of the individuals living in this remote highland region of the Peruvian Andes. In light of a history of sustained trauma and political violence, I was hoping to begin understanding what 'resilience and recovery' meant for these individuals. I spent my days observing work done by the local 'defensoria' and working with two individuals, Lorena and Jorge, who worked with the Peruvian

Institute of Education in Human Rights and Peace. It was during this time that I had an encounter with an elderly Quechua-speaking man who gave me insight of what 'resilience' means for those living in the Andes.

He walked into the office one afternoon, and requested that the team come and take a look at his house. The rainy season had begun in the highlands, and he was complaining that his roof needed repair and was requesting some financial help from the defensoria. So, Jorge and I followed this man up the mountain. He looked to be in his mid 80's, but was able to traverse that mountain with the stamina and grace of a 14-year old boy. When we reached his house, it was quite clear that it was in need of major reconstruction. The thatched roof was barely sitting on the walls of his hut. Concerned about his wellbeing, and fairly ignorant about Andean life, I asked the man why he chose to make the four hour journey back and forth each day, and why he didn't choose to move into the town. He simply answered "You can't take an old tree by its roots and move it to new land and expect it to survive... this is my home, this is my tradition". These and many similar stories have shaped my experience in Peru and guided my research for my upcoming fieldwork.

Nicole D'souza, Master's student, Social & Transcultural Psychiatry Program at McGill University

This is an abridged version of Nicole's note from the field. Read more about her experience in Ayacucho on our website at www.mcgill.ca/trauma-globalhealth/notes/ayacucho/



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Celebrating the Grand Opening of Rehabilitation and Gender-Based Units at Kalmunai Hospital, Sri Lanka



Entertainment park under construction.

The “National Mental Health Policy” of Sri Lanka indicates that mental health care should be organised at a district level and we are happy to be able to take forward the implementation of that policy. We believe that in Kalmunai we are developing a good model for mental

health care that can set a standard for the whole island. Our aim is to have at a single hospital base, an acute unit, rehabilitation unit, day care unit, addiction and rehabilitation unit, street patients’ welfare and rehabilitation, gender based unit and that all this will be linked to community-based mental health promotion. Opening a new rehabilitation and gender-based unit in the hospital is a milestone. So today is a very important day for us, for the people of Kalmunai.

Judy Jeyakumar, former TGH fellow



Consumers practicing yoga.



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calendar

April 26-28, 2010

TGH Management Committee Meeting

Montreal, Canada

The next Trauma & Global Health Management Committee meeting will take place in Montreal in the Social Studies of Medicine building at McGill University.

April 27 - May 1, 2010

Advanced Study Institute in Cultural Psychiatry: Rethinking Cultural Competence from International Perspectives

Montreal, Canada

This conference will bring together an international group of clinicians, researchers and educators to critically assess notions of cultural competence in clinical care at the individual, as well as collective levels of health care delivery. Sessions will be devoted to a conceptual analysis and critique of cultural competence, strategies for addressing cultural diversity in primary care, the relevance of culture in global mental health, the cultural adaptation of psychotherapy and other clinical and collective interventions, pedagogical approaches to professional training, and ways to improve the cultural responsiveness and appropriateness of clinical services and humanitarian interventions. The conference will conclude with a debate on the future of culture in mental health services. The format will be a 2-day workshop (April 27 & 28) followed by a 3-day conference (April 29 - May 1) held in conjunction with the annual meeting of the Society for the Study of Psychiatry and Culture (SSPC). For information on the conference and registration see the website of the SSPC. For more information, please visit <http://www.mcgill.ca/tcpsych/training/advanced/2010/>

April 30, 2010

Call for Applications: Faculty of Medicine Internal Studentships and Postdoctoral Fellowships Competition

McGill University, Montreal, Canada

Information on the 2010-2011 Faculty of Medicine Internal Studentships and Postdoctoral Fellowships awards competition is now available. The deadline for receipt of applications is Friday, April 30, 2010, 4:30pm. Potential applicants to these awards should be directed to our website: <http://www.mcgill.ca/medresearch/graduate/funding/> for guidelines and application forms.

May 3 – June 4, 2010

16th Annual Summer Program in Social and Cultural Psychiatry

Montreal, Canada

In 1995, the Division of Social and Transcultural Psychiatry, Department of Psychiatry, McGill University inaugurated an annual summer school in social and cultural psychiatry and psychiatric epidemiology. The summer program provides the conceptual background for research and clinical work in social and cultural psychiatry and will be of interest to postdoctoral trainees, researchers, and clinicians in psychiatry and other mental health disciplines; residents and graduate students in health and social sciences; and physicians, psychologists, social workers and health professionals. New to the summer curriculum is a workshop on Trauma & Recovery, aimed at fellows from the TGH program and other students, and a Global Mental Health Research seminar. For more information about this TGH sponsored seminar and the McGill summer program in general, please visit <http://www.mcgill.ca/tcpsych/training/summer>