



GOVERNEMENT

*Liberté
Égalité
Fraternité*

*Sommet mondial
sur la santé mentale*

« **Mind
Our Rights,
Now!** »

Workshop 1: The impact of COVID on mental health

Co-organizers :

- * Prof Tim Kendall, The NHS England National Clinical Director for Mental Health, tim.kendall1@nhs.net; Tel:+44 (0)7889365272
- * Prof. Philip Gorwood, former President of the European Psychiatric Association (p.gorwood@ghu-paris.fr Tel +33 (0)1 45 65 85 72)
- * Marika Cencelli, NHS England Portfolio Lead for MH National Clinical Director (mcencelli@nhs.net; Tel:+44 (0)7810314442)
- * Sue Baker OBE, Mind International Mental Health Advisor



What is this workshop about? »»

This workshop will debate two important perspectives regarding the time of COVID and the impact it has had on mental health. The impact includes the direct impact of COVID-19 viral mortality and morbidity as well as the impact of governments' emergency response and lockdown measures taken to control the pandemic. The first perspective to consider is the impact on mental and psychosocial healthcare services' capacity to support people through the time of COVID. The other perspective is the impact on people with existing mental health problems and on children and young people.

The workshop format consists of two panels covering each perspective with speakers from around the globe who represent countries from a variety of different socioeconomic status' and who have a range of backgrounds from lived experience, clinicians, policy makers and academics. The workshop will discuss variation in government approaches to controlling the COVID pandemic and explore how/if governments had anticipated or supported the mental health effects of COVID and/or lockdown. It will identify positive opportunities presented by the time of COVID which can be leveraged to benefit mental health care services going forward. Recommendations applicable to governments from high, middle and low income countries, will be formulated by workshop delegates.

The focus on the mental health children and young people's (CYP) is driven by the emerging data from high, middle and lower income countries showing a notable impact of the lockdown restrictions on this group. The workshop will explore the question which many are asking: *"Have lockdown measures saved the older population, at the cost of the future generations?"*



Workshop 1 Agenda

Workshop start time: <input type="checkbox"/> 13h:00 GMT (British Summer Time) <input type="checkbox"/> 14h:00 CET (Continental Europe) <input type="checkbox"/> 15h:00 African. (Nairobi, Kenya) <input type="checkbox"/> 17h:30 India (New Delhi)		
7min	<ul style="list-style-type: none">Welcome, introductions & housekeepingOutline of agenda, purpose of workshop and rules of engagement	<input type="checkbox"/> Tim Kendall, The NHS England National Clinical Director for Mental Health <input type="checkbox"/> Philip Gorwood, former President, European Psychiatric Association
40min	Panel discussion: The impact that COVID and/or lockdown has had on children's mental health and on people with existing mental health problems	<u>Chair:</u> Tim Kendall, The NHS England National Clinical Director for Mental Health <u>Moderator:</u> Sue Baker OBE, Mind International MH Advisor <u>Facilitator:</u> Marika Cencelli, NHS England
7 minutes comfort break		
40min	Panel discussion: The impact of COVID on mental health services and provision of mental health psychosocial support (MHPSS)	<u>Chair:</u> Philip Gorwood, former President, European Psychiatric Association <u>Moderator:</u> Sue Baker OBE, Mind International MH Advisor <u>Facilitator:</u> Marika Cencelli, NHSEngland
10min	All participant Q&A and discussion: The impact that COVID and/or lockdown has had on children's mental health and on people with existing mental health problems	
7 minutes comfort break		
40min	Global response and ministerial recommendations from workshop 1: Cochairs will present the draft ministerial recommendations formulated from panel speakers' contributions. All panel speakers and invited participants will agree final recommendation to submit to Ministers. Moderator and facilitation support from Sue Baker and Marika Cencelli	
Workshop closes: <input type="checkbox"/> 15h:30 GMT (British Summer Time) <input type="checkbox"/> 16h:30 CET (Continental Europe) <input type="checkbox"/> 17h:30 Africa (Nairobi, Kenya) <input type="checkbox"/> 20h:00 India (New Delhi)		



» **Discussion panel: impact of COVID on people with existing mental health problems and the children and young people. Chair: Prof Tim Kendall, The NHS England National Clinical Director for Mental Health**

Speakers	Organization	Cntry	Topics	
1) Pallab Maulik, Deputy Director and Director of Research	George Institute for Global Health India	India	Four projects focused on mental health and adolescents in New Delhi where they are ascertaining the effect of COVID on adolescents' mental health.	Video
2) Lived experience: Shanu who is in the 11th grade	George Institute for Global Health India	India	Shanu is a representative of the Adolescent Expert Advisors Group (ARTEMIS) study of ~70000 adolescents in slums of two cities in India. Artemis has emerging evidence of impact of lockdown measures on adolescent mental health and wellbeing	Pre-recorded interview
3) Rosemary Gathara, CEO, Basic Needs Basic Rights	Basic Needs Basic Rights	Kenya	BNBR had 3 projects running on MHPSS during the pandemic - one of them supporting 2 universities moving the psychosocial services such as peer groups and counselling to online platforms. The other two in 2 counties bordering Tanzania and Uganda dealing with the challenges of misinformation, cross border interactions, effects of disruptions of community/social protection forums (the restrictions on care for the sick, funerals, social gatherings and religious meetings etc	In Paris
4) Peter Waweru mental health lived experience champion	Basic Needs Basic Rights	Kenya	Time to change Champions were quite creative how make ends meet in the circumstances.	Video
5) Professor Prathiba Chitsabesan, National Speciality Advisor and Co-chair of the Clinical Reference Group (CYP Mental Health)	NHS England	UK	Impact of lockdown measures in England on the mental health of children and young people.	Video
6) Jess Griffiths, Lived Experience Counsellor and Eating Disorders Practitioner	Lived experience & NHS England Eating Disorders	UK	The marked increased seen in England in referrals for eating disorders and acuity of disease presentation, during the time of COVID	In Paris
7) Dr Charlotte Hanlon Reader in Global Mental Health, Co-Director, WHO Collaborating Centre on Research and Training in Mental Health, IoPPN	WHO	UK	Preliminary findings of the MASC project (Mental health care: Adverse Sequelae of Covid-19), conducted across 7 low- and middle-income countries across 4 continents (Chile, Ethiopia, Georgia, Nigeria, South Africa, Sri Lanka, Ukraine).	video
8) Sandra Ferreira GMHPN Regional Lead for Africa and Educator/ teacher with lived experience of SMI	Global Mental Health Peer Network	Africa (South Africa)	Representing the experience of African, mental health lived experience members of the global MH peer network, with a focus on South Africa, where Sandra is based.	video



Moderator support provided by Sue Baker OBE, Mind International Mental Health Advisor – in Paris

Impact of COVID on mental health services. Chair: Philip Gorwood, former President of the European Psychiatric Association

Speakers	Organization	Cntry	Topics	
1) Anouk Boschma, Advisor IFRC Reference Centre for Psychosocial Support & focal point (Africa Region)	Red Cross Red Crescent Movement (RCRC)	Africa	RCRC Movement has gathered information & experience worldwide on including MHPSS in COVID-response, or including COVID response in ongoing (MHPSS-inclusive) crisis response.	VIDEO
2) Amali Naik founder and CEO of MH NGO called GASS	GASS (Grameena Abyudaya Seva Sams the)	India	GASS being a Nodal NGO for Bangalore Rural district has been involved in many covid relief activities and also reports to Govt. Now they are doing vaccination drive for affected people , Champions , their families, and people with disabilities	VIDEO
3) Yashodamma Shanthamma: GASS Champion (MH lived experience)			Doddaballapur had the highest corona affected case in Karnataka. Some of the NGO staff, champions and many more were affected by covid	Pre-recorded recording
4) Dr Martina Rojnic, Associate professor, Department of Psychiatry	EPA	Croatia	An EPA mapping of the way countries dealt with COVID+ and patients in psychiatric hospitals across Europe (EPA study, published in the European Psychiatry)	VIDEO
Zagreb University Hospital Centre, Croatia				
5) Professor Tim Kendall, NHS National Clinical Director for Mental Health	NHS England	England	Presenting the impact of COVID across all mental health services provision and how the NHS mental health policy and MH services responded to the pandemic. This will range from Improving Access Psychological Therapies (IAPT) which provides treatment for common MH disorders (also now provides treatment for Long COVID) and secondary and community MH service for complex MH conditions.	PARIS
6) Dévora Kestel Director of WHO Department of Mental Health and Substance Abuse.	WHO	Geneva	World Health Organisation, 2020 publication: The impact of COVID-19 on mental, neurological and substance use services: results of a rapid assessment.	Paris

Moderator support provided by Sue Baker OBE, Mind International Mental Health Advisor- in Paris



Workshop 1: Ministerial Recommendations

The workshop recommendations for ministers were formulated based on the contributions and those key issues raised by the workshop speakers. In the run up to the workshop, cochairs and organisers engaged closely with the speakers, who jointly represented lived experience, research, clinical and policy perspectives, to adapt the recommendations accordingly. At the workshop in Paris, 5 October 2021, speakers, and participants voted to agree the priority recommendations. Listed below, in the order of priority are the Ministerial Recommendations.

Top 3 recommendations for Ministers:

1. All Governments should invest and prioritize prevention and early recognition NOW in mental health and psychosocial care.

- *This will improve system resilience to current and future health crises while also promoting rights-based and recovery-oriented care.*
- *Services should be located within people's communities.*

2. Now and in the future, with any health crisis world-wide, all governments should routinely act to mitigate the impact on mental health of the crisis, as well as the mental health impact of collective responses to that crisis, by means of prevention, promotion, protection and assistance.

3. Governments should support campaigns which address the myths and stigma towards mental health, finding approaches which utilise people with lived experience in promoting social action.

- *The decriminalisation of suicide is example of an urgent action needed to destigmatise and encourage people to seek help.*

Further recommendations for Ministers:

4. Governments should increase flexibility and innovative service delivery to broaden access, including equitable expansion of digital technology.

5. All Governments should have a strategy for the provision of targeted wellbeing support to protect service providers

- *This should include not only health care workers but also social workers, educators.*
- *Service should be either governmental or non-governmental e.g Red Cross Red Crescent, INGOs, CBO private sector.*

6. In planning the response to a health crisis, government should consider the impact on mental health and psychosocial well-being across the age range and on all at-risk and minority groups. *

7. Communication and messaging from governments should include contextually adapted public information and education on the promotion of mental health and wellbeing.

**At risk factors such as, but not limited to, pre-existing mental health conditions, substance use and addictive behaviours, age, gender, disability, state of health, socio-economic status, ethnicity, legal status, deprivation of liberty, displacement and exposure to violence can further increase risk and impact needs and vulnerability and that diversity factors should be considered in order to ensure effective access to, and the culturally sensitive provision of, mental health and psychosocial support*



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*services for all people affected (MH resolution 2019, signed by 194 Member States:
<https://pscentre.org/movement-resource-room-mhpss-policy-and-resolution/>)*