



Funded by the European Union in the frame of the 3rd EU Health Programme (2014-2020)

First EU Compass Forum on Mental Health and Well-being

Preventing depression and improving access to mental health care

6-7 October 2016, Luxembourg

PROGRAMME

Day 1: 6th of October

- 12:30-13:30 **Registration and lunch**
- 13:30- 13:40 **EU action in implementing the framework for action on mental health and well being**
John F. Ryan, Director, European Commission, Directorate-General Health and Food Safety
- 13:40- 14:00 **Opening addresses**
- Matt Muijen, World Health Organization (WHO), Europe
- Emily Hewlett, Organisation for Economic, Co-operation and Development (OECD)
- Guadalupe Morales, Deputy Chair, European Network of (ex-) Users and Survivors of Psychiatry (ENUSP) (will send text speech beforehand)
- Aagje Ieven, Secretary General, European Federation of Associations of Families of People with Mental Illness
- 14:00 – 14:15 **The Joint Action for Mental Health and Well-being: lessons learnt and moving towards implementation**
José Miguel Caldas de Almeida, Professor of Psychiatry, Faculty of Medical Sciences, University NOVA Lisbon; Leader, Joint Action for Mental Health and Well-being; EU Compass Consortium Partner
- 14:15 – 14:25 **The EU Compass for Action on Mental Health and Well-being**
Ionela Petrea, Head Trimbos International, Trimbos Institute
Leader, EU Compass for Mental Health and Well-being



14:25 – 14:45

Report on policies, activities and practices in Member States and key stakeholders

A European monitoring mechanism for mental health

Johannes Parkkonen, Finnish Association for Mental Health, EU Compass Consortium Partner

2016 Progress report in Member States and key stakeholders

Pedro Mateus Faculty of Medical Sciences, University NOVA Lisbon; EU Compass Consortium Partner

14:45 – 15:15

Coffee Break

15:15 – 17:30

PROVISION OF MORE ACCESSIBLE MENTAL HEALTH SERVICES

15:15-15:30

Improving access to mental health care: from science to evidence-based decision making

Angelo Barbato, Mario Negri Institute for Pharmacological Research, Milano, Italy

15:30-15:45

Access to community-based mental health care: experiences from Netherlands

Rene Keet, Director of Community Based Mental Health Services, GGZ Noord-Holland Noord; chair European Community based Mental health Service providers (EuCoMS) Network.

15:45-16:00

Peer2peer empowerment for improved mental health care: good practices from service users

Guadalupe Morales, Director, Fundation Mundo Bipolar, Spain
Deputy Chair, European Network of (ex-) Users and Survivors of Psychiatry (ENUSP)

16:00 – 17:00

Break-out session: Next steps and taking action in provision of more accessible mental health services.

1. Is it possible to collect standardised data on population mental health, and quality and access to services? What would be the next steps to make this a reality?
2. Access to community mental health services: from principles to action.
3. How to ensure access to integrated and coordinated care through a public health, systems and whole of government approach (comorbidity, continuity of care, recovery)



4. How to guarantee access to a full range of effective services, especially available (anonymous) e-mental health solutions and self management tools?
5. What are next steps in peer leadership?

17:00- 17:30 **Feedback to plenary on break-out session**

19:00 Dinner at Venue

Day 2: 7th of October

8:00 – 9:00 **Welcome coffee**

9:00-9-30 **Emerging issue: The refugee crisis and mental health**
Isabel de la Mata, Principal Advisor for Health and Crisis management
European Commission, DG Health and Food Safety

9:30-11:45 PREVENTION OF DEPRESSION AND PROMOTION OF RESILIENCE

9:30-09:45 **Tackling depression: from science to evidence-based decision making**
Pim Cuijpers, Professor of Clinical Psychology, VU University Amsterdam

9:45-10:00 **Prevention of depression and promotion of resilience: a Nordic perspective.**
Arne Holte, Deputy Director, Norwegian Institute of Public Health

10:00-10:15 **Good practices from European stakeholders**

10:15-10:45 Coffee Break

10:45 – 11:45 **Next steps and taking action in prevention of depression**

11:45- 12:20 **Round Table: wrap-up discussion**
From research to implementation, collaborative ways of working in mental health at the European level

12:20-12:30 **Conclusions of the Forum and closing**
Stefan Schreck, Head of Unit, Health Programme and Chronic Diseases,
DG Sante

12:30 **Take-away lunch**