



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 30 October 2018

IIMHL and IIDL organise systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health and well-being in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health, addiction and disability support services and their families.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars. Please feel free to share this e-bulletin with others and we would be delighted if you would join us on Facebook.



IIMHL VIDEO

The Value of IIMHL from an American Perspective - Ken Jue

To view this short video:

<https://youtu.be/D5gZ4drah4w>

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IIMHL Feature - USA

Let (s) LEAD- Lived Experience Transformational Leadership Academy

Larry Davidson, Yale School of Medicine, 2018

The Let (s) LEAD Curriculum is designed to provide students (called fellows) with a general education on becoming a transformational leader. There are 10, weekly, 2-hour virtual learning sessions. Each session includes an educational component and experiential learning exercises: group discussions, and other opportunities to practice and develop leadership qualities.

This work began about 3 years ago, with a meeting of people with lived experiences at Yale University Program for Recovery and Community Health (Yale-PRCH) from around the globe. We met to discuss the need for developing people with lived experiences as leaders. In 2015, an international (IIMHL) Yale-PRCH survey was conducted to ask people with lived experience what they would want in a leadership initiative. We then conducted nine qualitative interviews with international leaders with lived experience to get more specific feedback on the benefits and challenges of a leadership initiative.

Leadership based on humanistic and engaging qualities is called transformational leadership. These qualities are similar to values within the research and practice of recovery oriented care and peer support. Transformational leadership has been defined by its proponents as a leadership approach that causes change both in individuals and in the social system.

<http://www.iimhl.com/files/docs/20181029.pdf>

The Centre for Addiction and Mental Health in Canada has partnered with Yale to bring the program to Canada. They are coordinating a leadership course for people with lived experience called LETsLEAD, designed and offered by the Yale Program for Recovery and Community Health. LETsLEAD will be offered in Canada for the first time starting fall 2018 through videoconferencing with the instructors at Yale. The goal of LETsLEAD is to help catapult people with lived experience into leadership roles, from which they can help transform mental health services and systems. Participants will explore emerging issues in mental health and other systems of care, learn the key elements of transformational leadership and develop a mentored project that gives them the opportunity to apply the knowledge and skills that they are learning in class.

<https://www.camh.ca/en/camh-news-and-stories/lets-lead>

Other IIMHL Articles of Interest - Various Countries

Global Mental Health Summit

On October 9 & 10, and coinciding with World Mental Health Day, the first ever Global Mental Health Summit was held in London.

Supported by the English Department of Health and Social Care, the wider UK Government, OECD and the WHO and the World Bank, the summit brought together mental health leaders and political from around the globe. As well as government representatives, those attending including representatives of non-governmental organisations, mental health innovators, experts by experience and prominent mental health campaigners. IIMHL member countries in attendance included: Canada, England, Ireland, Scotland, Sweden, Ireland, New Zealand, Netherlands and the US.

The aim of the summit was to share the many innovative approaches to mental health from a range of countries and build momentum on global mental health issues, including early intervention, public health approaches, research, tackling stigma and promoting access to evidence based services.

The summit hosted six workstreams to showcase innovations from across the globe and work to develop consensus statements to be delivered to political leaders. The workstreams were:

- Children, Young People and the Now Generation
- Caring Societies: creating the conditions for inclusion, prevention and wellbeing
- The Economics of, and Investment in, Mental Health Finance
- A Just Society: supporting societal shifts, tackling stigma and discrimination, creating inclusive societies
- Mental Health Services around the World
- Research and the Future of Mental Health

Those groups developed a set of recommendations for government ministers, from which they agreed a declaration achieving equality for mental health.

The detail of the recommendations and the declaration can be accessed via: www.globalmhsummit.com

The summit also saw the launch of The Lancet Commission report on global mental health <http://www.thelancet.com/commissions/global-mental-health> For a brief summary of the Labcet Commission report, see <http://www.mhinnovation.net/resources/policy-brief-lancet-commission-global-mental-health-and-sustainable-development>

The summit was an excellent opportunity to hear from a diverse range of countries, to share ideas and approaches and establish new collaborations and strengthen partnerships.

There was a high degree of commitment from political leaders to prioritising mental health and this will be revisited and refreshed at the 2019 Global Mental Health Summit, in the Netherlands.

BLOG - England

Prevention and Health Promotion in Mental Health – Public Health England

By: [Ian Walker](#), [Gregor Henderson](#)

Posted: 28th September 2018

One of the four objectives in the global mental health action plan (2013-20) from WHO is “to implement strategies for promotion and prevention in mental health”. Although many countries aspire to implement this objective at national scale, challenges abound.

At Public Health England, we have the main responsibility for delivering on this objective in England. Since our creation in 2012 as a national public health agency (part of UK Government), we have mainly focused on three areas - mental health promotion, prevention of mental disorders/suicide prevention and addressing the health inequalities experienced by people living with or recovering from a mental disorder. We seek to identify the best evidence and deliver national programmes and guidance from this.

We continue to face many challenges in advocating for a public mental health approach, but there have been some success stories. For instance, our work was a contributory factor to the [largest decrease for 20 years](#) in the suicide rate in the UK between 2015 and 2016.

We would welcome the opportunity to partner with organisations in other countries to collaborate on this global objective of mental health promotion and prevention.

<http://www.mhinnovation.net/blog/2018/sep/28/prevention-and-health-promotion-mental-health-%E2%80%93-public-health-england>

IIDL Feature - IIDL Leadership Exchange 2018

IIDL Leadership Resources from Sweden Leadership Exchange

Leadership development continued as a key theme at the Stockholm Network Meeting and a number of resources were generated as part of that week.

Leadership Keynote

The Stockholm Network Meeting featured a joint keynote presentation by Dr Michael Kendrick (USA) and Lynnae Ruttledge (USA) titled: “Reflections on the many pathways of leadership already impacting the world of disability.”

Copies of Michael’s slides can be viewed here -

http://www.iimhl.com/files/docs/2018Sweden/Materials/2018_IIDL_Plenary_Michael_Kendrick.pdf and a video of his talk is available at the following link: [YouTube video of Michael Kendrick](#).

Group discussions as part of the keynote session generated the following key suggestions by participants for moving forward through the International Initiative for Disability Leadership (IIDL):

Key points:

- A clear desire for practical engagement with key thematic issues (e.g. employment, housing, education) rather than a focus on country-by-country policies.
- A commitment to have leaders with lived experience of disability as partners in driving the organisation.
- Clear desire for in-country collaboration, including existing networks and organisations beyond IIDL.
- Strong support for the inclusion of young/emerging leaders in events, event planning, and organisational leadership.
- Interest in supporting non-member countries, especially developing countries, to attend, participate, and learn.

- Important to highlight and embrace existing best practices on policy and program initiatives to reduce duplication of efforts.
- Advocacy for using the Convention on the Rights of Persons with Disabilities as a key frame for the work of IIDL internationally and domestically.
- More joint interaction across disability and mental health given the significant overlaps.
- Attention towards the inclusion of people and groups who often miss out (e.g. people with an intellectual or psychosocial disability).
- Financial support is needed to support people with disabilities, families and emerging leaders to participate in the international Leadership Exchanges, including the Network Meeting.

These suggestions are all being considered by the Sponsoring Countries Leadership Group (SCLG) for IIDL in future planning for both domestic and international events.

Emerging Leaders

IIDL is committed to intergenerational leadership. As part of the 2018 IIDL Leadership Exchange, the SCLG focused on encouraging and supporting the attendance of new and emerging leaders in the main IIDL events in Sweden, and at a joint meeting to report on the workshop on how to structure a vibrant and sustainable emerging leader program for IIDL.

The public communique and recommendations from the IIDL Emerging Leaders Workshop and the response from the Sponsoring Countries Leadership Group can be viewed using the following link: <http://www.iimhl.com/files/docs/20181030a.pdf>

SCLG members are already working on implementation through planning of local country events and also for Washington 2019.

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using this link:
<http://www1.iimhl.com/Join.asp>

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