



June-July 2013

Mid Summer

## EUFAMI Conference 2013 – a major success

EUFAMI hosted a major European conference in Dublin on Friday, 24<sup>th</sup> May 2013. It was co-hosted by Shine, EUFAMI's Irish member. The Conference was officially opened by Ms Kathleen Lynch, the Irish Minister of State with responsibility for Mental Health. Dr Tonio Borg, EU Commissioner for Health and Consumer Affairs also addressed the delegates, who numbered 190 from 21 European countries.



Dr Gráinne Fadden, Honorary Senior Research Fellow at the University of Birmingham and Director of the Meridian Family Programme gave a presentation on "Families and carers in Europe" and this was followed by a presentation from Dr Matt Muijen, Senior Policy Adviser, Mental Health WHO on "A new strategy for Europe". An interactive roundtable discussion took place with panellists discussing the role of families in mental health. This was facilitated by the Entertainer, Robert Carley. In the afternoon there were four breakout sessions based around four major themes – empowerment of families and carers, partnership in practice, education and quality information and the impact of caring on families and the health issues which they encounter.

The conference closed with the release of the Dublin Declaration which was unanimously endorsed by delegates. A copy of the Declaration can be found here: <http://tinyurl.com/oc6zk79>. The conference was a great opportunity for members of various countries to meet and discuss the roles of families and carers, make new friends and renew old acquaintances. Delegates attended a dinner reception on the evening of the conference and were entertained by Truly DiVine and her jazz band and Reel Style Irish dance troupe. A selection of photos, taken at the Conference has been posted in two albums on EUFAMI's Facebook page. The links are <http://tinyurl.com/pbvrbdq> and <http://tinyurl.com/nogstpv>.

## Social Inclusion and People Living with Schizophrenia

The aim of this study is to identify some of the challenges faced by people who are affected by schizophrenia - particularly the challenge of being 'socially included' in society. The intention is to find out how healthcare policy can improve, and present this information to policymakers. This study does not look at treatment or the effects of treatment for schizophrenia. The study is using a new definition of the term socially included and is being managed by PatientView from the UK.

PatientView is a UK research organisation that works closely with patient groups, and publicises the patient movement. Everyone who takes part in this survey will be completely anonymous, and no IP addresses will be collected by the survey managers. However, anyone who takes part and wishes to obtain the results of the survey can leave an email address at the end of the survey questionnaire. The survey will close on Monday 19<sup>th</sup> August 2013. The carer's survey is available in a number of different European languages; space does not permit us to print all of the links – they can be found on PatientView website - <http://www.patient-view.com/index.html>. The English link to the carers survey is as follows <http://createsend.com/t/j-2EA73ABC0B793424>.



## EU Health Prize for Journalists

DG Health and Consumers launched the 5<sup>th</sup> edition of the EU Health Prize for Journalists on 14<sup>th</sup> June 2013. Journalists writing on health are invited to submit their articles published between 01/08/2012 and 30/09/2013 via the website [http://ec.europa.eu/health-eu/journalist\\_prize/](http://ec.europa.eu/health-eu/journalist_prize/). The submission deadline is on 30/09/2013. To see all the rules please go to the website mentioned above. For more information, download the flyer (English, in 22 languages in the website): [http://ec.europa.eu/health-eu/journalist\\_prize/2013/docs/flyer\\_web\\_en.pdf](http://ec.europa.eu/health-eu/journalist_prize/2013/docs/flyer_web_en.pdf). There is also a Facebook page: <http://www.facebook.com/pages/EU-Health-Prize-for-Journalists/109464325763850?ref=ts>

## Successful 'Acquaintance with the biomedical research in Greece' organised by KIN.A.PS.I

With much interest the audience attended the event of the Movement of Siblings of Individuals with Mental Health Issues (KIN.A.PS.I) 'Acquaintance with the biomedical research in Greece' and watched the scientific theses presented on Thursday the 16<sup>th</sup> May at the Medical and Biological Institute of the Athens Academy. At the event, specialised speakers from the Biological Institute of the Athens Academy and University Hospitals expressed their views on, among others, the relationship between the brain and mental illness and explained the neurobiological basis of mental illnesses to the close relatives of individuals with mental health issues. The event was held in the context of the European Month of the Brain, realised for May 2013 by the European Commission and the Irish Presidency under the auspices of the World Federation for Mental Health (WFMH), the Ministry of Health and Social Solidarity and the Hellenic Psychiatric Society.

## Resources for youth dealing with parental mental illness

Michelle Sherman, a psychologist at the Oklahoma City Veterans Affairs hospital & University of Oklahoma Health Sciences Centre (USA), has dedicated her career to supporting families dealing with mental illness/PTSD, and has created some free online educational curricula in the VA system (such as the Support And Family Education programme - [www.ouhsc.edu/SAFEProgram](http://www.ouhsc.edu/SAFEProgram)). She is a mother and a teacher and has written books for teens to help them understand and cope effectively with parental mental illness and trauma/PTSD. Her books include 'I'm not alone: A teen's guide to living with a parent who has a mental illness' and 'Finding my way: A teen's guide to living with a parent who has experienced trauma'. More information at [www.SeedsofHopeBooks.com](http://www.SeedsofHopeBooks.com)



**Note to readers** – if for some reason you no longer wish to receive the EUFAMI @Bulletin, please send an email to [info@eufami.org](mailto:info@eufami.org), with the words 'Unsubscribe Bulletin' on the subject line.

European Federation of Associations of Families of People with Mental Illness  
Europese Federatie van Verenigingen van Familieden van Psychisch Zieken  
Fédération européenne des Associations de Familles de Malades Psychiques  
Europäische Föderation von Organisationen der Angehörigen psychische Kranker

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For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

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