



- October 2015 -



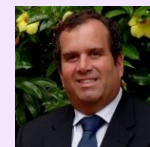
Presentations of Major Family Survey Results and Carer Academy at ECNP now Available online

You can now view the ECNP webcast of the very first EUFAMI carer symposium which took place on 29th August 2015 at the ECNP Congress in Amsterdam. See and hear Bert Johnson, President of EUFAMI President, Professor Shitij Kapur and Dr Juliana Onwumere from Kings College London and Chantal Van Audenhove from LUCAS Research Institute Leuven speak about "The Emerging Role of the Carer: How healthcare systems need to change". <http://bit.ly/1Ly7OOA>



In Memoriam Pedro Montellano

It was with great sadness that we heard about the untimely passing of Pedro Montellano, Gamian President. It came as a great shock and sadness to all of us who worked with Pedro on many endeavours in the field of mental illness from the standpoint of the users of services and their family caregivers alike. Pedro was indeed a large presence in our lives, always warm and caring, good humoured and enthusiastic, and extremely knowledgeable and expert as a professional representative. He was above all a man of true humanity whom we shall miss greatly. It was a real privilege to have known him. EUFAMI sends condolences to Pedro's family.



World Mental Health Day 2015

10th October was World Mental Health Day. The theme for 2015 is 'Dignity in Mental Health'. On this occasion, we published a special issue of our @Bulletin, highlighting a cross section of the activities which some of our members have engaged in for World Mental Health Day 2015. In case you missed this newsletter, it is still available to download from our website following this link: <http://bit.ly/1ODGX9Z>.



Book - "Surrounded by Madness: A Memoir of Mental Illness and Family Secrets"

"Surrounded by Madness" is the title of a book by Rachel Pruchno about how mental illness threatened to destroy her own family. In this fiercely candid memoir, Dr. Pruchno, a scientist widely acclaimed for her research on mental illness and families, shows how mental illness threatened to destroy her own family. Not once, but twice. She very openly describes how she did not understand her mother's mental illness and how she feared that her own daughter would follow in the footsteps of her grandmother. This book will empower families to stop hiding and start talking when mental illness strikes.



<http://selfpublishersshowcase.com/rachel-pruchno-ph-d/>

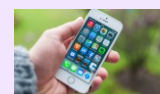
ROAMER Project – Help us to Increase Mental Health Research!

ROAMER is a three-year project funded by the European Commission, under the Seventh Framework Programme, to create a coordinated road map for the promotion and integration of mental health and well-being research across Europe based on a common methodology and conceptual framework that covers the full spectrum of biological, psychological, epidemiological, public health, social and economic aspects of mental health and well-being. ROAMER combines a consortium of renowned mental health research scientists, with a methodologically sound, pragmatic and comprehensive approach with an extensive stakeholder involvement. EUFAMI is actively involved in the Roamer Project as a member of the stakeholders Advisory Board. Follow the link to view the ROAMER video on YouTube, with interviews with different stakeholders from several European countries. <http://bit.ly/1Nkh3Vy>.



Intuitive Apps Can Help Patients with Anxiety and Depression

Researchers at Northwestern University Feinberg School of Medicine have created an intuitive platform composed of 12 mini-apps to help treat depression and anxiety that can make recommendations of which apps to use based on patients' interaction with the platform. Intellicare is available for free, though only for Android phones. It contains mini-apps such as Thought Challenger, which is designed to identify distorted thoughts from the user and then provide a more rational way to look at a situation. Another app, Worry Knot, teaches users how to manage their worries with lessons, distractions and a proven worry management technique. Although apps for mental health continue to grow, Intellicare is different in that it is able to "learn" based on user's interactions, and make recommendations on which apps to use each week based on that feedback. David Mohr, PhD, director of Northwestern's Center for Behavioral Intervention Technologies, said that most the mental apps available today are poorly designed and not clinically validated. And in many cases, people download them but only use them once.



"We know these approaches work," Mohr said in a statement. "They are designed to teach many of the same skills that therapists try to teach people," adding that digital tools for mental health are important for people who can't make it to a therapist's office.

The Northwestern team intends to eventually enrol volunteers in a research study to evaluate the efficacy of the apps in treating anxiety and depressive symptoms. Participants will be required to download Intellicare and use the apps over an 8-week period. <http://bit.ly/1Geq8ji>.

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