

LISBON INTERNATIONAL LEARNING PROGRAM

# Mental Health

## Policy and Services

**5<sup>th</sup> edition – 2024**  
**Lisbon, Portugal**



LISBON INSTITUTE  
of Global Mental Health

**NOVA** MEDICAL  
SCHOOL

**NOVA**  
UNIVERSIDADE NOVA  
DE LISBOA

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**ORGANIZED BY**



**LISBON INSTITUTE**  
of Global Mental Health

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**IN COLLABORATION WITH**

**NOVA** MEDICAL  
SCHOOL

**NOVA**  
UNIVERSIDADE NOVA  
DE LISBOA

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**WITH THE TECHNICAL SUPPORT OF**

**WHO Department of Mental Health  
and Substance Abuse, Geneva**



# Mental Health Policy and Services

**The Lisbon Institute of Global Mental Health will initiate during the year 2024 the 5th Lisbon Learning Program on Mental Health Policy and Services.**

**The program includes a series of Advanced Courses (5 days each, with 2-3 days modules) for mental health leaders and professionals willing to develop public health skills in mental health policy and services, with a special emphasis on low and middle-income countries.**

**The focus of these Advanced Courses will be on the following areas:**

- Understanding evidence, epidemiology and information in the field of mental health
- Mental Health Promotion and Prevention in the general population
- Developing the optimal mix of mental health services
- The pivotal role of community mental health services and the synergy with the Primary Health Care
- Programs for long-term severe mentally disabled persons
- Monitoring and evaluation of mental health systems
- Child and Young People mental health
- Older People and mental health
- Rights of people with mental disabilities
- Deinstitutionalisation: experiences and controversies
- Mental health in complex emergencies
- Globalization, development and health diplomacy

**The goal of the Lisbon Learning Program is to provide an updated and solid understanding of the main topics of these areas and to provide training in:**

- Formulation, implementation and evaluation of mental health policies, plans and programs

**In the last 12 years, the LIGMH has promoted ten international courses on mental health policy and services (6 Master and 4 Diploma Programmes), which were attended by students from more than 50 countries. This new Diploma, based on a deep reflection on the experience accumulated over these years, incorporates several important curriculum innovations with the aim of responding to new emerging priorities in global mental health.**







# Structure of the Program

The Lisbon International Learning Program on Mental Health Policy and Services consists of 4 Advanced Courses, each including two modules (3+2 days of in-class course followed by 8 weeks of e-learning activities).

Students can choose to attend one or more Advanced Courses. The attendance of one Advanced Course will award a Certificate of Attendance. A Diploma from the NOVA University of Lisbon will be awarded to the students who will successfully attend the four Advanced Courses. The assessment of these students will be made through an essay or a work project, written under the supervision of one of the members of the faculty.

CURRICULUM		
<b>1</b> ADVANCED COURSE	<b>Evidence for Public Mental Health</b>	
	<b>Module 1</b>	From the generation of evidence to its uptake in clinical and policy practice
	<b>Module 2</b>	What is the evidence on promotion and prevention interventions in mental health?
<b>2</b> ADVANCED COURSE	<b>Innovation in Mental Health Systems</b>	
	<b>Module 1</b>	Developing Mental Health Policy and the optimal mix of mental health services
	<b>Module 2</b>	Monitoring and evaluation of mental health systems
<b>3</b> ADVANCED COURSE	<b>Special Populations</b>	
	<b>Module 1</b>	Child and Young People mental health Older People mental health
	<b>Module 2</b>	Practical primer to responding to mental health and psychosocial support needs in humanitarian emergencies
<b>4</b> ADVANCED COURSE	<b>Human Rights, Globalization and Development</b>	
	<b>Module 1</b>	Mental health and human rights
	<b>Module 2</b>	Global Mental Health and Health Diplomacy

# Program

# 1

COURSE

## Evidence for Public Mental Health

**Module 1 • 8, 9 & 10 April 2024 • 18 hours**

### **From the generation of evidence to its uptake in clinical and policy practice**

What is evidence within the realm of public mental health

Analysis of RCT's

Systematic reviews and meta-analyses

How evidence translates into clinical and policy decisions

**Coordinator:** Mariana Purgato

**Faculty:** Mariana Purgato, Emiliano Albanese

**Module 2 • 11 & 12 April 2024 • 12 hours**

### **What is the evidence on promotion and prevention interventions in mental health?**

Definitions of promotion of mental health and prevention of mental disorders

Classifications of prevention types

Current state of evidence on the effectiveness of mental health promotion and prevention programs

Examples of promotion and prevention programs

Implementation issues

**Coordinator:** Mariana Purgato

**Faculty:** Mariana Purgato, Emiliano Albanese

# Program

## 2 COURSE

## Innovation in Mental Health Systems

**Module 1 • 15, 16 & 17 April 2024 • 18 hours**

### **Developing mental health policy and innovative mental health services**

Why mental health policy and plans are so important to improve mental health of the populations

Steps that should be taken in the development and implementation of mental health policy and plans

The pivotal role of community mental health services and the synergy with the Primary Health Care

Programs for long-term severe mentally disabled persons

**Coordinator:** José Miguel Caldas de Almeida

**Faculty:** JM Caldas de Almeida, G. Cardoso, J. Gago, H. Killaspy, B. Pedrosa, M. Xavier

**Module 2 • 18 & 19 April 2024 • 12 hours**

### **Monitoring and evaluation of mental health systems**

Definitions of mental health system, data & information, monitoring & evaluation

Quality in mental health and how to measure it

Using indicators in mental health care and their characteristics

Contents and goals of mental health information systems

Improving mental health information systems

**Coordinator & Faculty:** Angelo Barbato & Antonio Lora

# Program

**3**  
COURSE

## Special Populations

**Module 1 • 14 & 15 October 2024 • 12 hours**

### **Child and Young People mental health & Older People mental health**

The main mental health and neurocognitive conditions, and their determinants

Promotion and prevention interventions throughout the life cycle

Mental health policies and services for specific populations

**Coordinator & Faculty:** Chiara Servili & M. Gonçalves Pereira

**Module 2 • 16, 17 & 18 October 2024 • 18 hours**

### **A practical primer to responding to mental health and psychosocial support needs in humanitarian emergencies**

Overview of international tools and standards for emergency response focusing on the know-how to use during response, recovery, and preparedness

Case studies from ongoing and past complex emergencies featuring Lisbon Course alumni contributions to the field and their learned lessons

A series of practical role-plays and tabletop simulation exercises using real-life emergency scenarios

**Coordinator:** Fahmy Hanna

**Faculty:** Fahmy Hanna, Brandon Gray, Rabih El Chamay, Maya Bachet, Orest Suvalo



# Program

## 4 COURSE

## Human Rights, Globalization and Development

**Module 1 • 21, 22 & 23 October 2024 • 18 hours**

### **Mental health and human rights**

Rights of people with mental disabilities

International mechanisms and initiatives

Reducing coercion in mental health services: challenges and strategies

User's perspective

Deinstitutionalization: experiences and contributions

**Coordinator:** JM Caldas de Almeida & Benedetto Saraceno

**Faculty:** JM Caldas de Almeida, Benedetto Saraceno, Angelo Barbato, Guadalupe Morales, Deborah Aluh, Manuela Silva, Ugne Grigaite

**Module 2 • 24 & 25 October 2024 • 12 hours**

### **Global mental health and health diplomacy**

History and achievements of global mental health

UN Sustainable Development Goals and social determinants

WHO Action plan

Mental health reforms worldwide

Principles and examples of health diplomacy

**Coordinator:** Benedetto Saraceno

**Faculty:** Benedetto Saraceno, JM Caldas de Almeida





# Coordinators



## JM Caldas de Almeida

Prof. José Miguel Caldas de Almeida, Professor of Psychiatry, NOVA Medical School (Faculdade de Ciências Médicas), Nova University of Lisbon, is the President of the Lisbon Institute of Global Mental Health. He was the Chief of the Mental Health Unit at the Pan American Health Organization, the Regional Office of the World Health Organization for the Americas, in Washington D.C., from 2000 to 2005. He was Temporary Adviser for WHO in Africa, Europe and Latin America, and was the Coordinator of the European Union Joint Action for Mental Health and Wellbeing (2013-2016). He is at present the Vice-Chair of the EU Cost Action FOSTREN, on reducing the use of coercion in mental health services.



## Benedetto Saraceno

Prof. Benedetto Saraceno is a psychiatrist and holds a Master's degree in Epidemiology and Public Health. He was the leader of the WHO special program Nations for Mental Health (1996-99). He was Director of the Department of Mental Health at the World Health Organization, Geneva, from 1999 to 2010. In 2001, he was the leader of the WHO World Health Report on Mental Health. At present, he is the Chair of the Scientific Board of the Lisbon Institute of Global Mental Health.

# Faculty

**Emiliano Albanese** ▪ WHO Collaborating Centre for Mental Health, University of Geneva

**Deborah Aluh** ▪ LIGMH

**Maya Bachet** ▪ WHO Geneva

**Angelo Barbato** ▪ Mario Negri Institute - Milano, Italy

**José Miguel Caldas de Almeida** ▪ LIGMH

**Graça Cardoso** ▪ LIGMH

**Rabih El Chammay** ▪ Saint Joseph University - Beirut, Lebanon

**Joaquim Gago** ▪ Nova Medical School - Lisbon, Portugal

**Brandon Gray** ▪ WHO Geneva

**Ugne Grigaite** ▪ LIGMH

**Manuel Gonçalves Pereira** ▪ Nova Medical School - Lisbon, Portugal

**Fahmy Hannah** ▪ WHO Geneva

**Helen Killaspy** ▪ University College - London

**Antonio Lora** ▪ Milano, Italy

**Guadalupe Morales** ▪ Fundación Bipolar - Madrid, Spain

**Bárbara Pedrosa** ▪ LIGMH

**Mariana Purgato** ▪ WHO Collaborating Centre for Mental Health, University of Verona - Italy

**Benedetto Saraceno** ▪ LIGMH

**Chiara Servili** ▪ WHO Geneva

**Manuela Silva** ▪ LIGMH

**Miguel Xavier** ▪ Nova Medical School - Lisbon, Portugal

**Orest Suvalo** ▪ Institute of Mental Health, Ukrainian Catholic University



# Testimonials

## **BRAZIL** · Cláudia Pellegrini Braga, *Occupational Therapist*

*The course gave me the possibility to discuss at the international level what are the experiences of different countries in establishing mental health systems and how countries are trying to implement changes in the real life of people with mental disabilities.*

## **UNITED STATES OF AMERICA**

### **Aria Ghahramani, Psychiatrist**

*The course was a career-defining, and eye-opening experience for me. It allowed for learning and supervision under the direction of experienced, and world-renowned faculty. It also sparked some of the sincerest and deepest friendships with other trainees in the program. Finally, I could not think of a better location to explore “perspectives” and “mental health” than sunny Lisbon; whose peaks and viewpoints inspire reflection, exploration, and meditation. I strongly recommend this training program to any future leaders, advocates, and diplomats of health.*

## **MOZAMBIQUE**

### **Palmira Santos, Clinical Psychologist**

*Given that mental health has been left to the background in many countries, especially in developing countries, a course that has among its objectives to expand the horizons in order to improve the quality of services and preserving the human rights of people with a mental disorder and the integration of mental health in primary care, is undoubtedly a big achievement. The creation of an international class with professionals from different latitudes and environments, allows an unique workshop, which, along with the remarkable faculty that guides the course, will certainly result in added value in students professional and personal lives.*

## **ITALY** · Federico Moretti, *Psychiatrist*

*The annual Global Mental Health course has been a great source of inspiration and enrichment both professionally and personally. I will forever carry in my memory the beautiful moments experienced during the lectures and group activities, the exchange of opinions at restaurants and cafés, and of course the sunsets over the Tejo. In addition to the invaluable contribution of the teaching committee, I have also learned so much from all my classmates, discovering new perspectives and forming new bonds and friendships.*





# General information

**Enrollment deadline** 15 February 2024

## Selection criteria

Applicants should be holders of a bachelor degree or legally equivalent qualification in the field of Medicine, Sociology, Anthropology, Social Sciences or Health Economics.

The selection of applicants to the Courses will be based on the assessment of the CV.

The modules will run with a minimum of 8 and a maximum of 24 students.

## Admission procedures

- Applicants must submit the application form: [click here to submit](#) a Bachelor's Certificate or equivalent academic qualification and a CV in English, as well as a cover letter, detailing how you and your skills fit with the program and what you may add to the discussion, your motivation to enrol in this course and how enrolling in the program will impact your future and your work, should be attached to the application.
- For further information about the registration, please check: [www.lisboninstitutegmh.org/training](http://www.lisboninstitutegmh.org/training) or contact the Lisbon Learning Program: [registration@lisboninstitutegmh.org](mailto:registration@lisboninstitutegmh.org)

## Fees

- The cost of the whole Learning Program is 2500€.
- The cost of attending one out of the four Advanced Courses is 700€.
- A limited number of (total and partial) registration fees' waivers may be granted to persons from Low Income countries and from Portugal. Requests will be assessed case by case, based on a letter of motivation. For further information on this topic, contact the Lisbon Learning Program.

## Attendance

- Attendance to the courses is mandatory for the participants formally enrolled.
- Participants will receive a Certificate of Attendance for each Advanced Course.
- The successful attendance of the four Advanced Courses will award a Diploma from the NOVA University of Lisbon.

## ECTS

The 11 ECTS obtained in the Lisbon International Learning Program may be credited to the NMS Ph.D. Programs.

# Information and Registration

## **Lisbon Institute of Global Mental Health**

Rua do Instituto Bacteriológico, 5 - edifício Amarelo  
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