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InterACT

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Brussels Digest

OECD Mental Health Performance Framework



Given the significant burden of mental ill-health, for individuals, societies and economies, there is considerable interest in ways to strengthen mental health systems, and measure performance in an objective and standardised way. There is also vast potential for cross-country learning and sharing of best practices between countries, and much still remains to be done to assure high-quality evidence-based treatment, appropriate outcome measurement, and good value-for-money in mental health care.

[Read More...](#)

Mari F.
EPA Brussels Office

Join EPA to raise awareness on Suicide on the World Mental Health Day!



This year, the [World Federation for Mental Health \(WFMH\)](#) has decided to make “suicide prevention” the main theme of World Mental Health Day on October 10. The objective of this initiative is to raise governments' attention so that the issue might be given priority in public health agendas around the

National Psychiatric Association to join the EPA in raising awareness around suicide prevention at all levels.

You are encouraged to give your contribution by:

1. Endorsing the official EPA statement prepared for the World Mental Health Day 2019. Please let us know if you have any comments **by 4 October 2019**.
2. To **help disseminating the EPA statement** at national level and **translate it into your national language**, giving more people access to this information.
3. **Inform us about your own activities** around the World Mental Health Day at national level, for publication on the EPA communication channels.

Thank you for your commitment and we look forward to your valuable contribution!

For sharing your activities, comments or for any question, please do not hesitate to contact Vanessa Ayure at vanessa.ayure@europsy.net

*Mari. F.
EPA Brussels Office*

Hot Topics from around Europe

Is Number needed to treat (NNT) an obstacle for compulsory treatment of severe psychosis?



In Norway, International Commission of Jurists (ICJ) argues that NNT of an antipsychotic has to be <2 , if one should be allowed to prescribe antipsychotics even if the patient is severely psychotic and incompetent to provide informed consent and no antipsychotic treatment may increase the risk of severe health impairment of the patient or severe psychological or physical injury to others. ICJ dismisses total response or remission on group level as an argument. I.e. if 73% have no relapse with antipsychotics and “only” 33% if no antipsychotic is prescribed, the NNT is 3.3 and thus insufficient for compulsory treatment.

Requirement of $NNT < 2$ is impossible to achieve for most drugs used in medicine. This requirement also neglect the fact that a higher NNT may be acceptable in the absence of an alternative treatment. For a serious condition, a low Number Needed to Harm (NNH) may be more acceptable than for a more benign condition. We think the requirements of the ICJ will make it impossible to treat any patient psychotic patient with antipsychotics even if there is serious health risk to himself or others and the patient at the same time lack ability to provide informed consent. In a time when attack on psychiatry is mounting, psychiatrist and their organizations need to address this issue in the public.

Number of UK Junior Doctors choosing psychiatry at an all time high



New figures from Health Education England reveal a 92 per cent uptake in England, Scotland and Wales, with 446 of 483 available places taken by junior doctors wanting to specialise in mental health. The dramatic increase follows the Royal College of Psychiatrists' [#ChoosePsychiatry](#) campaign, which launched in 2017, and has worked to increase the number of junior doctors choosing psychiatry as their speciality. Record levels of investment in mental health services by the government and the NHS has helped increased public awareness to unprecedented levels, making psychiatry a more attractive career path.

[Read More...](#)

Rebecca C.
Royal College of Psychiatrists

Time for Action!

Don't miss our new EPA Online Course!



[Join us today for the opportunity](#) to train on **Motivational Interviewing (MI)** online: throughout this course, you will learn more about the spirit of MI, the crucial relational foundation, the key techniques and how to use the techniques to steer consultations in the direction of positive change. You will be able to follow the course and videos at your own pace, whenever and wherever you want.

[Watch the course teaser](#) and [subscribe today!](#)

EPA paid-up members will have access to the course for free. Not a member yet? [Join us!](#)

EPA Administrative Office

Online registration is open for EPA 2020 Madrid



Registration for the **28th European Congress of Psychiatry** is now open on the [Congress website](#).

Join us in Madrid, Spain, from 28 to 31 March 2020, and be a part of the future discussion and educational forums on a range of topics in the field of psychiatry, psychology, social work, and clinical trials!

Register to attend the EPA Congress before **21 January 2020** to take advantage of the most affordable way to attend the Congress with the

Submit your abstract for EPA 2020 Madrid

Submit your abstract by **7 October 2019**. View the [list of abstract topics](#) and [submit your research abstract](#) for excellent exposure amongst thousands of international experts in the field of psychiatry.

Travel Grants:

The EPA offer Travel Grants to deserving abstract submitters! Check out the [application criteria](#) and submit your Travel Grant application along with your abstract.

EPA Administrative Office

Young Voices of Psychiatry

Early-career psychiatrists' associations coming out of the shadows



The EPA Early Career Psychiatrists Committee is currently working on several projects to improve collaboration between young psychiatrists in Europe. One of the initiatives being developed is a survey aimed at mapping the functioning associations dedicated to early-career psychiatrists in European countries. Our aim is to identify in which countries there are such organizations and what are their activities. Then we would like to intensify the exchange of information on local research projects and meetings among all other organizations. With regard to the countries in which there is no organization for early-career psychiatrists, we plan to promote the idea of establishing one.

Tomasz M. Gondek
EPA Early Career Psychiatrists Committee

EPA Sections in the spotlight

What EPA and EFPT are doing to improve psychotherapy training in Europe?



The quality of psychotherapy training for psychiatrists needs to be improved in Europe. [View the abstract.](#)

[register on the EPA e-Learning Platform.](#)

EFPT published a major update to the EFPT Psychotherapy guidebook written by trainees for trainees. It gathers 38 authors, 15 countries, and 24 different types of psychotherapy. [Read More.](#)

EFPT Psychotherapy working group organizes an interactive online journal club for trainees across Europe that was very successful over the last year. It is now launching an international peer-to-peer trainee intervision group.

[Find out more about the EFPT Psychotherapy working group.](#)

Greg R., Alexandra P., Gargot T., Cécile H., Nikitas A., David d.
EPA Section of Psychotherapy

20th Congress of the European Psychiatric Association Section of Epidemiology & Social Psychiatry



We look forward to welcoming you to the **20th Congress of the EPA Section of Epidemiology & Social Psychiatry**, which will be held from **10-12 September 2020**, in the picturesque and historic city of **Cambridge, UK**.

Our theme to mark our 20th congress will be “**Towards a perfect vision for public mental health**”.

Please save the date and find out more:

Our congress website: www.psychepi.org/congress

E-mail sign-up: www.psychepi.org/congress/registration/

Follow us on Twitter: [@EPAPsyEpi](https://twitter.com/EPAPsyEpi).

Abstract submission and early bird registration opening December 1st, 2019.

Section of Epidemiology and Social Psychiatry

Closer Look to Our Partner NPAs

Social attitudes towards persons with mental disorders-story from Poland



Shaping social attitudes towards persons with mental disorders remains among the key activities of the Polish Psychiatric Association and so far has proven to bring various positive results. The PPA's proactive attitude includes readiness to respond to current high-profile events in which the media tend to present a clear-cut, yet distorted and grossly stigmatizing division between: persons with mental disorders, who are allegedly capable of violence and murders, and healthy individuals, who do not do such deeds. The PPA strongly

recent notorious assassination of the late President of the City of Gdańsk, Paweł Adamowicz. It allowed to shift the focus of public discourse from associating murder with the mentally ill towards recognizing the role of social processes in the increase of violence and aggression.

[Read More...](#)

*Sławomir M., Agata S., Jerzy S.
Polish Psychiatric Association*

News from the Council

EPA Council of NPAs Symposium in Czech Republic



The EPA Council of NPAs, in collaboration with the **Czech and Slovak Psychiatric Associations**, organised a Symposium on "Unmet needs in the long-term treatment of serious mental illness: from remission to recovery" on **26 September in Brno, Czech Republic**, within the framework of the 18th Czech and Slovak Psychiatric Congress.

The four presentations of this 90-minute symposium were given by leading experts in the field of schizophrenia, bipolar disorder, and depression. Julian Beezhold, EPA Secretary General, and Simavi Vahip, EPA - Council of NPAs Chair, represented the EPA, joined by 2 speakers from Czech Republic and Slovakia.

[Please find more details on the programme.](#)

Calendar

23-27 October 2019
(İstanbul, Turkey)

[55th National Congress of Psychiatry-Turkey](#)

25-26 October 2019
(Tuzla, Bosnia and Herzegovina)

[17th Psychiatric Days of Bosnia and Herzegovina: "Treatment in Psychiatry: Actualities and Dilemmas"](#)

4-7 December 2019
(Nice, France)

[French Congress of Psychiatry](#)

18-20 June 2020
(Szczecin, Poland)

[46th Congress of Polish Psychiatrists](#)

29 June-02 July 2020
(Edinburgh, UK)

[The Royal College of Psychiatrists International Congress 2020](#)

(Rome, Italy)

[Behavior](#)

10-12 September 2020

(Cambridge, UK)

[20th Congress of the European Psychiatric Association](#)

[Section of Epidemiology & Social Psychiatry “Towards a perfect vision for public mental health”](#)

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