



- November 2013-



Sustainable Health Systems for Inclusive Growth in Europe – Vilnius Declaration



At the recent health conference in Lithuania, the Lithuanian Presidency issued an urgent call for action for immediate moves to protect Europe's healthcare systems. Austerity cuts have put Europe's healthcare systems under severe pressure, increasing health inequalities and threatening sustainability in the future. The conference called for European governments and the European Union to take immediate action to prevent further damage. The Vilnius Declaration which was released after the conference set out three broad action points to be presented to the Council of Health Ministers to inform their debate when they meet in December. The aim is to ensure European health systems are people-centred, sustainable and inclusive – and that they deliver good health for all. To achieve this it is necessary to:

- Increase investment in health promotion and disease prevention
- Ensure universal access to high-quality, people-centred health services
- Ensure that health system reforms – including workforce planning – are evidence-based and focus on cost-effectiveness, sustainability and good governance

EUFAMI and Healios in new partnership

EUFAMI has recently signed a partnership agreement to work with Healios in order to explore how best this alliance can work to improve the lives of family caregivers of people with mental illness. This new partnership will bring together Healios' innovative new thinking on educating and training families using technology with EUFAMI's network of family associations and years of experience in mental health. This will allow a stronger research programme to be implemented across other European countries gathering data on the value and effectiveness of Healios' innovative service. Healios is a new service tailored to families and caregivers of those with psychosis. Through a combination of technology, education and live professional coaching, the service exists to support the entire family on their journey as they cope with a loved one's mental illness. Healios launched its service to caregivers in the South of England in June 2013 and will launch across the UK later in the year. For further information about Healios log onto www.healios.org



New website launched - myhealthapps.net

A new international website was launched in Brussels on the 14th November. It brings together, under one website over 300 apps (applications) which can be used by patients and their helpers using their smartphones. The objective, as stated on the site, is to allow people 'live healthier lives—with the help of our smartphones'. All of the apps have been tried and tested by patients and friends and selected for inclusion by 456 distinct patient groups, disability groups or empowered users as their favourite apps. The reviews from these groups are supplied for each app, as well as weblinks to the groups themselves. The following is a quote from Robert Madelin - Director General, DG Connect at the European Commission – 'Mobile health in Europe is one small, but important, part in our expanding efforts to help Europeans being healthier. I commend this effort to help guide the citizens looking for a good choice in health and wellbeing apps'. Log onto myhealthapps.net for more detail.

EUFAMI Representation in November

The Secretary General, Kevin Jones, represented EUFAMI at the following meetings in November – Roundtable on Alcohol related illness on the 12th, a meeting of the Expert Platform on Depression on the 20th, the meeting of DG Sanco's Governmental Experts on Mental Health on the 21st and 22nd and a meeting of the Stakeholder Board for the ROAMER project on the 26th. Bert Johnson, President, participated in a Roundtable discussion at the European Psychiatrist Association's 30th Anniversary symposium at the Council of Europe in Strasbourg on the 15th November. Nadine Fossion, EUFAMI Board member, represented EUFAMI at the EP Special Interest Group (SIG) on mental health and well being in the European Parliament on the 5th November. The full Board of EUFAMI attended a special Prospect conference hosted by FINFAMI, EUFAMI's Finnish member association, on the 29th November. More detail about this conference in the next issue of the @Bulletin.

Mental health concerns of young adults

Jennifer Bell, a researcher of the US based student resource site, OnlineColleges.net, has sent us news of a new online resource for college students. Her note contains the following – 'With 44% of college students reporting symptoms of depression, we decided it was critical to address the mental health concerns of these young adults. Our guide offers a comprehensive discussion of the most common issues facing students, from depression and anxiety to substance abuse and eating disorders. Most importantly, however, we clearly outline several options for finding treatment and support.' You can take a look at the guide at <http://tinyurl.com/qjhywf6>



International Forum on Innovation in Mental Health

The first Gulbenkian Platform technical meeting took place on the 3rd and 4th October in Lisbon. The Forum focused on the documents produced in collaboration with the World Health Organization about the links between mental disorders and non-communicable diseases, about innovations in mental health care and about social determinants of mental health. The objective of this public meeting was to present and discuss the results of these three reports, to generate cross fertilisation between groups of experts involved in their production, and to allow key global mental health leaders to present lectures on these issues. You may access the presentation slides, the presentation videos and some photos of the Forum by logging onto <http://tinyurl.com/ph4ykc5>. The final versions of the three documents that were presented and discussed during the Forum will be available in the first quarter of 2014.



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For more information, please look at the web site www.eufami.org or contact EUFAMI at info@eufami.org

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