It is with pleasure that I invite you to consider participating in iMHLP 2013. This is the 12th year that the program has been offered. There are more than 200 graduates of the program in 18 countries who are demonstrating creative and sustained leadership in the development of effective, equitable, affordable mental health services, and in the protection and enhancement of the human rights of people with mental illness. Many are actively collaborating with members of the international program Faculty who have taught in the program over the years, and with fellow program alumni. The 2013 program Faculty will be an inspiring group with extensive practical experience of leadership for mental health system development. We invite you to become a skilled and effective contributor in the growing movement for global mental health.

Harry Minas
Objectives

Teaching objectives

At the end of the 4-week intensive program participants will be able to:

- assess current and future needs of the population for mental health services in the context of rapid socio-economic, cultural and epidemiological transitions
- identify specific areas of reform that are required in their own contexts
- identify and enhance the economic and social resources that can be harnessed for development by building and leading partnerships and coalitions that drive and sustain development;
- articulate clear, practical goals for mental health development in their own contexts, analyse economic, social, and policy obstacles to development, and implement effective strategies for the development of mental health policies and services

What do former participants say?

The iMHLP provides a tailor-made approach for mental health reform and builds on leadership, friendship and a lot of goodwill between fellows and teachers. I do not see this kind of combination in other kinds of academic programs. Dr Nur Hayati Ali, Malaysia

During 4 weeks at the CIMH at the University of Melbourne, we have chance to communicate with experts in MH from different countries. In most morning we had lectures so we learned new things and in the afternoon we had group work to discuss the reality and possibility of application in Vietnam. By sharing knowledge and skills of leadership in MH with experts from CIMH like Prof. Harry Minas, Dr. Ritsuko Kakuma and experts from UK, India, other universities in Australia and practitioners from the community I have been equipped with much knowledge and skills in MHC, planning program, services or policy making and scope in MH field. Thi Xuan Mai Bui

Honestly, I had no ambivalence about the role of leader but had some qualms about getting involved in the politics of leadership. This, I think, marked the biggest change in my view of things. I now accept that the challenge in our country is leadership, that those who are good and desire to do good have a tendency to shun politics because of its present dismal state. The fellowship made me realise even more, that leadership needs astute politics. And so I find myself in the centre of several activities and working towards a vision for mental health. Dr Lou Querubin, Philippines

I sincerely believe iMHLP is a history-making enterprise to build up an intellectual network among dedicated mental health researchers, professionals, and policy-makers across Pacific-rim countries. This program should play a pivotal role in enhancing the mental health service quality in this region. The program has the best staff who have dedicated themselves to mental health issues in this region and therefore have deep insight and empathy to the current situation of each country. Dr Steven Lin, Taiwan

I have told countless times stories about my experiences in Melbourne and about the program to my friends and colleagues. It is one of the few programs targeting the development of middle managers and young psychiatrists, the people most likely to be able to create change in the mental health scene. It is an excellent forum for increasing awareness and understanding the local, national and international issues on mental health. Dr Gerardo Salazar, Philippines

Through the active interaction between the lecturers and participants in an open and participatory manner, my critical thinking skill, presentation and communication skills have been improved. My confidence is gradually built up that enables me to actively learn and exchange ideas, knowledge and experiences. Dr Thi Mai Hien

http://www.cimh.unimelb.edu.au
sandoval@unimelb.edu.au
The 2013 iMHLP course program will focus on two main broad themes encompassing a number of specific topics.

The first of these themes will focus on the social determinants of health and what components make a functional mental health and social support system.

The second theme will concentrate on the development and implementation of effective mental health and effective social support systems.

**Theme 1:**
**Why Do We Need a Mental Health and Social Support Service System?**

This part of the course will provide an overview of the challenges in international mental health reform and in particular will focus on the need to coordinate mental health policy, legislation and financing.

One of the specific topics of interest in this thematic portion of the program will focus on **Mental Health, Disability and the Social Determinants of Health.** This section will cover topics such as:

- Global burden of mental disorders
- Social determinants of Mental Health
- Human Security and mental health
- Disabilities and the rights of people with disabilities
- Social and economic costs of mental disorders
- Mental health and social service needs

The **Functional mental health and social support system** will also be explored in terms of what its components are and the vision behind its development and implementation.

**Theme 2:**
**How Do We Develop, Implement and evaluate an Effective Mental Health and Social Support System?**

Mental health services ought to be provided in the community as well as mental hospitals and institutions. Community care results in better treatment outcomes and quality of life for individuals with chronic mental disorders. Shifting the care of patients from mental hospitals to community care can be cost-effective, help to ensure respect of human rights, limit the stigma of receiving treatment, and lead to early treatment. This shift towards community care requires health workers and rehabilitation services to be available at community level, along with the provision of crisis support, appropriate housing and employment. This portion of the program will focus on the design of an integrated mental health and social support service system.

- The importance of mental health policy in implementing anti-discrimination, advocacy and human rights initiatives

**Building and Implementing a Mental Health and Social Support Systems:**

- Background to the process of deinstitutionalisation and the need for integrated mental health program development
- Principles and process of mental health policy making, planning and legislation
- Service delivery model development
- Human resources for mental health
- Financing an efficient and sustainable mental health and social support system

**Maintaining an Effective Mental Health and Social Support System:**

- Monitoring and Evaluation
- Mental Health Management Information System
- Research Skills
- Knowledge Translation and Exchange

The three main topic areas for the second half of the program will focus on **Ethics and Human Rights:**

- What are the principles underlying the vision of a functional mental health and social support system?
Faculty

A/Prof Harry Minas
Director, Centre for International Mental Health, Melbourne School of Population Health, The University of Melbourne
Program Director

Dr Ritsuko Kakuma
Health Systems Research and Consulting Unit, Centre for Addiction and Mental Health, University of Toronto