

# newsletter

July 2004

Welcome to the fourth e-newsletter of INTERCAMHS. In this issue you will find:

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## Next stop: New Zealand!

New Zealand will be the centre of attention in September as the city of Auckland hosts two major international conferences.

First up is Intercamhs' second annual conference, which will take place in Auckland on Tuesday September 14. The focus this year will be on promoting the growth, improvement and sustainability of school mental health programs. You can read more about the conference and the various presentations in this newsletter and register online now.

Immediately after Intercamhs' own meeting, the third World Conference on the Promotion of Mental Health and Prevention of Mental and

Behavioural Disorders will run from September 15 to 17. It will take place in the same Auckland hotel and will draw delegates from all over the world. Again, you can read more about the World Conference in this newsletter and register online.

Together, these two conferences will provide a unique opportunity for anyone working in school mental health to meet international colleagues and find out what is happening in the field worldwide.

So, if you haven't already organised your trip to New Zealand, **BOOK NOW!**



## Intercamhs 2<sup>nd</sup> Annual Meeting

All members of Intercamhs are welcome to attend our second annual meeting, which will be held in Auckland, New Zealand on September 14. The theme of the meeting is *Promoting the Growth, Improvement and Sustainability of School Mental Health Programs Worldwide*.

Sally Liggins, from the New Zealand Ministry of Health, and Pauline Dickinson, a member of Intercamhs' Advisory Board, will present the keynote address, *Mentally Healthy Schools in Aotearoa/New Zealand: Past, present and future*. They will provide a brief overview of Mentally Healthy Schools and Health Promoting Schools in Aotearoa/New Zealand, as well as issues related to policy and sustainability.

The meeting will also feature diverse presentations from Intercamhs members around the world, sharing experiences and activities of school-based mental health in different countries. You can read a full list of the presenters and their topics on the next page.

The meeting will end with time for discussion and planning for the future of Intercamhs, and will be followed on September 15 by a reception, to promote networking and socializing among Alliance members.

For more information about the meeting or to register, please email [info@intercamhs.org](mailto:info@intercamhs.org).

## World Conference on Mental Health Promotion

The Third World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders will be held from September 15 - 17 2004 at the Hyatt Regency Hotel in Auckland. The theme will be: *From Research to Effective Practice*.

The main objective of the Conference is to build on the work that was begun at the first two world conferences in Atlanta in 2000 and London in 2002. Intercamhs has helped to develop the meeting and organize a track of presentations focusing on school-aged children and adolescents.

The Conference is being organized by the World Federation for Mental Health, the Clifford Beers Foundation and the Mental Health Foundation of New Zealand in collaboration with the Carter Center, and is co-sponsored by the WHO.

The Conference has its own website, where you can read current news and updates on the programme and register online - <http://www.charity.demon.co.uk>.

Other useful addresses are:

Mental Health Foundation of New Zealand ([conference@mentalhealth.org.nz](mailto:conference@mentalhealth.org.nz)), Conference Administrators ([mhf@tcc.co.nz](mailto:mhf@tcc.co.nz)), The Clifford Beers Foundation ([conference@charity.demon.co.uk](mailto:conference@charity.demon.co.uk)) and The World Federation for Mental Health ([info@wfmh.com](mailto:info@wfmh.com)).



**INTERCAMHS 2<sup>nd</sup> Annual Meeting**  
**Auckland, New Zealand, September 14 2004**

**Agenda**

7:30 - 9:30	Advisory Board Meeting
9:30 - 9:45	Welcome and Introductions <i>Paul Brounstein, SAMHSA</i>
9:45 - 10:30	Keynote <i>Sally Liggins, New Zealand Ministry of Health, and Pauline Dickinson, Intercamhs Advisory Board</i>
10:30 - 11:00	INTERCAMHS Update <i>Mark Weist &amp; Louise Rowling</i> 3 <sup>rd</sup> World Conference <i>Michael Murray</i>
11:00 - 11:15	Break
11:15 - 12:45	Presentations ( <i>see below</i> )
12:45 - 1:00	Break/pick up box lunches
1:00 - 2:00	Open forum/Planning the future of INTERCAMHS



**Presentations**

Mark Weist, Cheryl Vince Whitman, Elizabeth Moore, Dennis Edwards, Richa Gaur <i>United States</i>	<i>International Developments in School Mental Health and Implications for INTERCAMHS</i>
Louise Rowling <i>Australia</i>	<i>Partnerships for Sustainability</i>
Jenni Jennings, Ben Anderson <i>United States</i>	<i>Cultural Diversity Training for Mental Health Staff</i>
Reg Davis <i>Australia</i>	<i>The Use of Interactive Computer Software Applications in the Promotion of Mental Health in Schools</i>
Teresita Garcia <i>Philippines</i>	<i>Sound School Policy Can Modify Students Maladaptive Behavior</i>
Chris Bale <i>United Kingdom</i>	<i>East meets West - promoting the mental health of all children.</i>
Paul Brounstein <i>United States</i>	<i>Transformation of the Mental Health System and the role schools can play</i>
Mike Faran <i>Hawaii</i>	<i>Establishing School Based Mental Health in a Military Community</i>
Rebekah Duthie <i>New Zealand</i>	<i>1 Million Steps Towards Wellbeing/Health for Young People</i>



## Intercamhs' seminar at IUHPE conference in Melbourne in April

Intercamhs played a leading role at the International Union of Health Education and Health Promotion Conference in Melbourne, Australia, in April.

Members of the Alliance contributed to the Mental Health Stream at the conference, conducting a seminar entitled 'Exploring quality practice in the international exchange and adaptation of school-based mental health programs'. Four members made short presentations and President Louise Rowling (Australia) chaired the session, involving participants in a discussion of the issues.

Michael Murray (England), the opening speaker, explored the concept of model programs as a guide for international exchange of strategies for school-based mental health. He made a plea to the audience for the further development and dissemination of best practice for school mental health through collaborative activities.

Annette Johnson (North America) elaborated the challenges involved in the transference of model programs, heightening the audience's awareness of 'cultural competence', acknowledging diversity or cultural sensitivity. She alerted the audience to the need to move beyond recognition of differences to the development of tools that respect the differences and factor them into plans for addressing mental health needs in an objective manner.

Jo Mason (Australia) then described a 'model program' - the Australian program MindMatters - and related the experiences of collaborating with other countries to adapt it to each country's culture and context.

Peter Paulus (Germany) gave specific examples of the understandings about international exchange that his team developed in the translation (literal and contextual) and trialling of MindMatters for implementation in Germany and Switzerland.

Discussion following the presentations highlighted the interest and enthusiasm that existed for global collaboration to maximise social impact in cost effective ways. Participants agreed that it was possible to achieve exchange of ideas, lessons learnt and quality practice in implementation of programs, with the proviso that they were trialled and adapted to linguistic and cultural circumstances.

### Advisory Board

Jean-Pierre Valla from Quebec, Canada, has tendered his resignation as Vice President of Intercamhs, due to pressure of work commitments. The Board wishes to thank him for his support in the initiation of Intercamhs. The Advisory Board will consider this Board Officer casual vacancy at its meeting in Auckland in September.

## The International Journal of Mental Health Promotion

The latest issue of The International Journal of Mental Health Promotion is a special edition, showing how a number of Intercamhs members are working to promote the growth, improvement and sustainability of school mental health programs worldwide.

In their introductory article, Louise Rowling and Mark Weist stressed the importance of collaborative effort. They wrote: 'Successful action to promote mental health can only be achieved and sustained by the involvement and support of the whole community, and the development of collaborative partnerships with range of agencies throughout public, private and non-government sectors.'

The articles covered country-specific work in Ireland, New Zealand, Norway and the United States, as well as the development of cross-cultural programs. Michael Murray and Katherine Weare discussed the paradigmatic change that is needed for school mental health efforts to be sustained.

You can see a full list of the articles and authors, and subscribe to the Journal, at <http://www.charity.demon.co.uk/jpublics.htm>

## Feedback

We welcome your feedback on the newsletter. Ideas should be emailed to [intercamhs@psych.umaryland.edu](mailto:intercamhs@psych.umaryland.edu) The Alliance currently has over 284 members from 32 countries.

## More information

Visit our website - [www.intercamhs.org](http://www.intercamhs.org) - to find out more about Intercamhs.

- Join online
- Register for our Auckland conference
- Read our Principles
- Check out our Aims
- Meet the members of our Advisory Board
- Learn about our history
- Contact us

