



TRAUMA & GLOBAL HEALTH BULLETIN

Fall 2010

<http://www.mcgill.ca/trauma-globalhealth/>

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Guatemalan Ministry of Public Health Establishes World Mental Health Week

On October 9th 2010, the Guatemalan Ministry of Public Health and Social Assistance declared that the second week in October each year be dedicated to mental health awareness. This represents a significant achievement for team leader, Victor Lopez and the Guatemalan TGH team whose activities have contributed to promoting mental health in the country.

Through its declaration, the state ensures health and welfare of all its inhabitants by developing prevention, promotion, recovery, rehabilitation, and complementary programs of mental health at the individual, family and community level to procure the most complete physical, mental and social health of its population.



Resilience Study Begins in Peruvian Highlands



TGH team members Consuelo Errazuriz and Duncan Pedersen visit Ayacucho, Peru to commence training of fieldworkers for upcoming study.

During the first weeks in November 2010, the Canadian TGH team was back in Peru to train a group of interviewers who will begin fieldwork in January 2011. The study will focus on individuals who were exposed to political violence between the 1980's and 2000. The 93 individuals who were surveyed in 2000, and reported symptoms compatible with a diagnosis of PTSD, will be traced and re-contacted to understand the long-term implications of organized and interpersonal violence on mental health and well-being of indigenous peoples in these highland regions.



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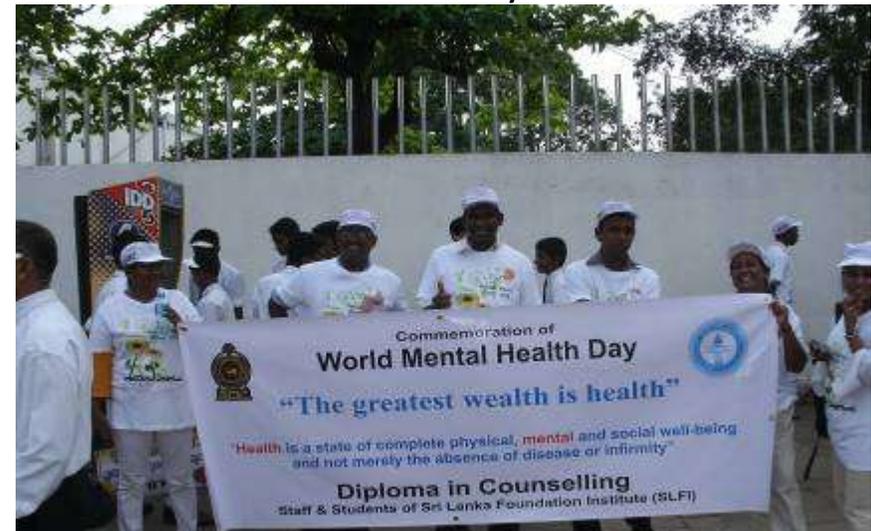
Sri Lankan Workshops on Mental Health a Success



Seated Upfront: Dr. Guzder (TGH member), attends a workshop on mental health at Peradeniya University, Sri Lanka.

The Sri Lankan TGH program in collaboration with the National Institute of Mental Health (NIMH), the Department of Psychology, University of Peradeniya and Barnet, Enfield and Harney (BEH) MH Trust organized a series of workshops on issues of mental health. Workshops took place from October 4-13, 2010 and were held at Peradeniya University and the NIMH based at Angoda Hospital near Colombo. Attendees included nurses, social workers, doctors, OTs and community workers (NGOs). Dr. Pedersen and Dr. Guzder were among the resource personnel in attendance from McGill University, and were joined by six other resource persons from the UK as well as the Sri Lankan TGH team leader, Chamindra Werrackody and TGH consultant, Dr. Suman Fernando.

World Mental Health Day in Sri Lanka



Representatives from the Sri Lankan Foundation Institute taking part in the street march for World Mental Health Day in Colombo during the month of October.

TGH Country Leader Wins Award



Inés Bustamante, team leader of the TGH program in Peru, was granted the junior researcher manager award by the Chancellor of Universidad Peruana Cayetano Heredia (UPCH) on September 20th, 2010, during the 49th Anniversary celebration of UPCH.



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Community Mental Health Promotion Program in Nepal

Under the TGH program, the Community Mental Health Promotion Program (CMHPP) component was implemented in three districts of Nepal-Dang, Chitwan and Tanahu from August 9-24, 2010. The 7-day refresher training program was attended by counselors (6 people) and Field Research Assistants (4 people). The refresher training helped the counselors and Field Research Assistants gain additional knowledge on relevant issues (e.g., alcoholism and substance abuse) concerning mental health. Discussions were also had on the quality of data collected in previous studies, including the revision of qualitative questions and role playing on the use of basic communication while collecting data.

In addition to the CMHPP training, a 3-day workshop was conducted in the Ghorahi municipality of the Dang district from August 19-23, 2010 and was attended by 32 participants. Discussions during the three days included topics on psychosocial problems, mental health stress and coping.

Psychiatry Student wins McGill Scholarship

Fannie Martel-Latendresse, a Master's student in the Social and Transcultural Psychiatry program was recently awarded a McGill, Department of Medicine Internal Scholarship to complete the second year of her Master's studies on the health seeking behavior, and traditional health systems of El Alto, Bolivia. Fannie is currently in Bolivia completing her fieldwork. For more information on her project and her notes from the field, please visit:
<http://www.mcgill.ca/trauma-globalhealth/notes/pachamama/>

TGH Team Member gives presentation at Asia-Pacific Economic Cooperation



From left to right: Carlos Del Castillo and Braulio Vargas (ESAN- graduate school of business), Guillermo Cangahuala (Universidad de Piura), Minister Julio Cárdenas (Deputy Head of the diplomatic mission of Peru to Japan), Alfonso Gushiken (UPCH) and Fernando Gonzáles Vigil (Universidad del Pacífico)

On July 8th 2010, Dr. Alfonso Gushiken, Associate Professor of Universidad Peruana Cayetano Heredia (UPCH) and a member of the core TGH team in Peru gave a presentation entitled "Toward a conceptual framework for generation of public policies on citizen security", at the 2010 Asia-Pacific Economic Cooperation (APEC) conference in Tokyo. It was a novel topic in a conference where most of the themes were related to the field of economy. Dr. Gushiken's presentation was an important contribution because it touched on topics of inclusive growth and human development.



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Capacity Strengthening through Mental Health Course in Ayacucho, Peru

From October 14th -15th 2010, a course entitled “Strengthening the capacities of mental health professionals and students in community mental health” was organized by the Ayacucho Office of the Ministry of Health and Paz y Esperanza (IPAZ) with support from the TGH program. Since Ayacucho was a region of Peru most affected by political violence during the 1980s, the course aimed at analyzing the traumatic experiences and its consequences of the violence on mental health. The course speakers also gave guidelines and shared rehabilitation experiences with participants using a human rights approach. Ninety-three people participated in the course including psychologists, social workers, nurses, teachers, anthropologists, sociologists, mass media professionals and students.



Dr. Giancarlo Palacios (Ayacucho Health Office) speaks to course participants in Ayacucho, Peru

LSE Seminar

The Health, Community and Development Group at the London School of Economics (LSE) hosted an international workshop on June 8th, 2010 with a focus on the challenges of global mental health. Dr. Pedersen and Hanna Kienzler presented a talk entitled “Searching for the evidence: Emerging dilemmas of humanitarian interventions in war and post-war contexts”. They were joined by some of the leading academics and activists in mental health, as well as workshop participants representing 23 different nationalities and a variety of academic institutions. The meeting was very successful, and outputs of the meeting are being organized into a special issue on global mental health for the journal, *Transcultural Psychiatry*.



Duncan Pedersen, front row (far right) and Hanna Kienzler, second row (5th from left) with participants of the LSE workshop in London, UK [June 2010].



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NOTES FROM THE FIELD: SOCIAL REPRESENTATION, MEANING AND TRAUMATIC EXPERIENCES IN GAZA

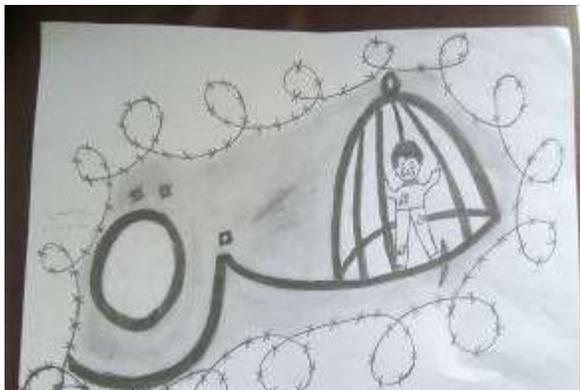
The Gaza Strip is a narrow piece of land, 45 km long and only 8 km wide lying along the south east corner of the Mediterranean Sea. It covers around 360 sq km. It is a massively overcrowded and under-served region where approximately 1.5 million Palestinians live, which is one of the most densely populated areas in the world. Two thirds (79.2%) of the population were displaced from their villages and cities in 1948 and 1967 wars, of which approximately 54% of them live in the Strip's eight densely over-crowded refugee camps.

The aim of my visit to Gaza in June, 2010, was to implement the second part of my research study about social representation, meanings assigned to traumatic experiences, reactions and ways of coping among Palestinians in the Gaza Strip. The main objective of this phase was to assess the overall mental health impact of exposure to protracted political violence and the long term sequelae of traumatic experiences. We were also interested in exploring the meaning assigned to some local idioms of distress such as *Sadma*, *Faj'iah* and *musib*, prognosis of these idioms, where and how these idioms are used, and coping mechanism associated with each one.



Above: Dr. Afana pictured with colleagues and students from the Islamic university in Gaza.

Below: Dr. Afana gives a presentation about PTSD to the Jesoor Organization for trauma and recovery.



A child's drawing depicting the word Gaza written in Arabic language, where Gaza is surrounded by a barbed wire describing the siege imposed on Gaza.

- Dr. Abdelhamid Afana

CBC Canada Interviews Dr. Afana

In a recent interview with CBC Radio-Canada, Dr. Afana discusses the impact of life in a refugee camp and the mental and emotional effects of its residents. To watch the interview with Dr. Afana, please visit:

<http://www.cbc.ca/world/story/2010/10/26/f-lebanon.html>





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National Mental Health Network Workshop

The Guatemalan Mental Health Network (GMHN), a civil society organization, alongside the TGH program gathered in September to hold its annual workshop on “Mental Health in Disasters”. With an attendance of about 35 representatives of different institutions, including the Ministry of Health (MOH) and the National Office for Disasters Reduction (CONRED), the workshop was considered a total success and generated important inputs for both the MOH and CONRED to feedback their respective plans and strategies, but most importantly, served as a platform for the inter-institutional coordination to generate future activities



Guatemala TGH team leader, Victor Lopez gives a presentation during the GMHN meeting.

TGH Research Associate Successfully Defends Doctoral Thesis

Hanna Kienzler, TGH research associate and McGill Anthropology student recently completed her doctoral dissertation on “The Differential Impact of War and Trauma on Kosovar Albanian Women Living in Post-War Kosova”. Hanna conducted an ethnographic study in two Kosovar villages that were hit especially hard during the war. Her research focuses on the political process that have influenced Kosovar culture how local communities attempt to make sense of their country’s distant and recent past through collective memories. Hanna successfully defended her dissertation on October 15th 2010 in the presence of her thesis supervisor, Allan Young, and committee members Duncan Pedersen, Carmen Lambert (Anthropology, McGill U), and Mariella Pandolfi (Anthropology, Universite de Montreal). Congratulations Hanna!

Training for Mental Health Providers

According to the latest UN Climate Change Conference held in Copenhagen, Guatemala is the fourth most vulnerable country to the effects of the Climate Change. The Tropical Storm “Agatha”, devastated the country with a tragic outcome on human lives and properties; as a result of that, 20,000 houses were damaged or loss and about 75,000 people are living in temporary refuges. The government has stated a State of National Calamity and the national priorities are now focused to support the victims and rebuild the country. Just during this year other 4 different events have affected a large portion of the population and some others are expected to impact the country.

The TGH program, in collaboration with the National Program of Mental Health (NPMH), have supported the training on “Psychosocial interventions on disasters” addressed to mental health providers and volunteers. The workshops reached about 250 participants in 5 different sessions and included particular interventions and strategies for children (ludotherapy). Several other workshops are planned to be performed during the following months.

-Victor Lopez, TGH Guatemala



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SUMMER 2010

Global Mental Health Course

From June 1-4, 2010 Duncan Pedersen led the first seminar course on 'Global Mental Health Research' (GMHR) at the McGill Summer Program in Social & Transcultural Psychiatry. The seminar surveyed different topics relating to mental health, such as a) the global burden of mental illness; b) relationships between globalization, mental disorders and other health conditions; c) paths and linkages between macro- and micro-social determinants of mental illness; d) social inequalities and (mental) health outcomes; and e) innovative policies and interventions for decentralization of health resources and implementation of



Ram Parsaud Sapkota, TGH Summer Fellow 2010 gives a presentation to staff and students of the GMHR course.

community-based care, including packages of care for specific disorders and comprehensive programmes of mental-health care for groups at risk. The course featured guest faculty including, Dr. Laurence Kirmayer (McGill), Gilles Bibeau (Université de Montréal, Montreal), Kris Heggenhougen (University of Bergen, Norway; Harvard Medical School, Boston), Vikram Patel (London School of Hygiene and Tropical Medicine, UK), Michel Tousignant (Université de Québec a Montréal), and Christina Zarowsky (University of the Western Cape, South Africa). The GMHR course was a great success and will continue in this year's summer program. For more information, please consult: <http://www.mcgill.ca/tcpsych/training/summer/>

SUMMER FELLOWS 2010

The TGH program received its largest number of LMIC fellows in 2010 through its Small Grants Program. We would like to congratulate all the fellows who participated in last year's summer program:

NEPAL

Ram Parsad Sapkota

SRI LANKA

Judy Jeyakumar
Mullai Paranthaman
Rashita Perera

PERU

Fernando Luna
Darcy Calderon
Gloria Cuevas
Mariam Rivera
Ines Bustamante

We encourage those who are interested in applying to this year's summer program to visit our webpage for further details:

<http://www.mcgill.ca/trauma-globalhealth/fellows/past/>



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SUMMER 2010 (cont'd)

Summer Institute hosted by CCGHR

The Canadian Coalition for Global Health Research (CCGHR) held its 7th Annual Summer Institute (SI-7) in Quito, Ecuador at the Universidad Andina Simon Bolivar (USAB) from July 4-12, 2010. It was the first summer institute to be held in South America, and received participants and facilitators from Argentina, Bolivia, Canada, Chile, Colombia, Ecuador, El Salvador, Guatemala, Jamaica, Mexico, and Venezuela. TGH team members including Chantal Robillard (TGH research associate), Victor Lopez (TGH Guatemala Team Leader), and Duncan Pedersen acted as facilitators for the program.



TGH Guatemala team leader, Victor Lopez (4th from left, back row) and Chantal Robillard (3rd from left) with plantation workers and participants of the CCGHR summer program in Quito, Ecuador.

Chinese Delegation Visits Montreal

A delegation of 20 Chinese medical students from Nanjing Medical University visited the Douglas Hospital on August 4th as part of two week tour of Canada. The TGH program hosted the event and Consuelo Errazuriz and Duncan Pedersen coordinated an agenda of activities for them starting with a historical introduction of the Douglas hospital, a tour of the grounds and some presentations of the research being carried out at the Douglas. The event was very successful, and the students were keen on learning about mental health in Canada and internationally.

DO YOU HAVE ANY SUGGESTIONS OR COMMENTS REGARDING THIS EDITION OF THE NEWSLETTER?

If you have any comments or questions about this edition, or would like to contribute to future editions of the TGH newsletter, please contact:

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consuelo.errazuriz@mail.mcgill.ca**

We look forward to your contributions for our next edition. The next newsletter will be distributed in Winter 2011.