



Member of Qatar Foundation

Mental health & The Family

28 February 2012

Doha- Qatar

The Family Research Division at the Doha International Institute for Family Studies and Development (DIIFSD), Member of Qatar Foundation, organized a Seminar on 28 February 2012 on “Mental Health and the Family.”

H.E. Noor Al Malki, DIIFSD, Executive Director gave the Welcome note where she stressed on the role of DIIFSD as a Global study Center, striving to achieve the Commitments set out in the Doha Declaration.

Dr. Hanan Al Kuwari, Managing Director of Hamad Medical Corporation, and Member of the Board of Governors of DIIFSD put the introductory remarks for the Seminar, which took place at the Qatar National Convention Center.

The aim of this Seminar was to raise awareness about the important impact of Mental Health on Family Life.

On October 31st, 2011, The Centre for Social Justice in UK Launched the Mental Health Report *Completing the revolution – Transforming mental health and tackling poverty*. This report has been sponsored by DIIFSD, St Andrews Healthcare and Partnerships in Care.

The Centre for Social Justice is an independent think tank established, by Rt Hon Iain Duncan Smith MP in 2004, to seek effective solutions to the poverty that blights parts of Britain.

In July 2007 the group published *Breakthrough Britain: ending the Costs of Social Breakdown*. The paper presented over 190 policy proposals aimed at ending the growing social divide in Britain.

Subsequent reports have put forward proposals for reform of the police, prisons, social housing, the asylum system and family law. Other reports have dealt with street gangs and early intervention to help families with young children.

The Rt Hon Iain Duncan Smith MP stood down as Chairman of the Centre on his appointment as Secretary of State for Work and Pensions in May 2010 and is now the Founder and Patron.

The major Finding of this Report was that the Poorest with mental health problems failed by ‘care’ in the community.

The decision more than 30 years ago to close big mental hospitals and treat patients in the community has failed to help the most vulnerable, according to a major new report from a leading independent think-tank.

Treatment fails to reduce mental illness in more than two-thirds of cases, suggesting patients need much more than medication and therapy to get better and rebuild their lives.

Many patients are being neglected and denied access to treatment because the closure of the old asylums was not accompanied by a parallel expansion of primary mental health services provided by GPs, psychiatrists and nurses.

The report also reveals how the poorest in society are those most likely to suffer mental ill-health. This is because the drivers and effects of poverty are also the drivers of mental ill-health which, in turn, leads to greater disadvantage.

Addressing these other needs also has to be a priority for services. Mental health services have to play their part in tackling the five pathways to poverty

(family breakdown, educational failure, drink and drug addiction, worklessness and welfare dependency, and serious personal debt) identified by the CSJ.

Care Services Minister Paul Burstow spoke at the launch of the report at the National Liberal Club on the 31st October 2011. Dr. Nada Frangieh gave an opening speech on behalf of the Doha International Institute for Family Studies and Development. She has expressed the contribution of DIIFSD in achieving one of Qatar Foundation major goals by unlocking Human potential through research and community development.

The Mental Health Report urges the Government to seize the opportunities presented by the current health reforms to make a "quantum leap forward" and complete the community care revolution.

The report focuses on the role of the family in helping recovery from mental illness. Although family problems can cause disturbed behaviour - half of all such cases start by the age of 14 - support from family members is often the route to recovery.

The report backs a public health approach to mental illness in which the prevention of family breakdown should have a much higher priority.

But alongside prevention should go early intervention in the lives of troubled families and treatment of those showing signs of mental illness.

"Employment can greatly improve well-being. Primary care and other mental health services have a vital role in helping people become work-ready, even if that journey may be a long one."

The Report has been produced by a CSJ working group chaired by Dr Samantha Callan, Chairman-in Residence, who has also led the CSJ's influential work on family policy.

Dr. Samantha Callan is recognised as a research and policy expert in the fields of family relationships, early years, mental health and work-life integration. She wrote four major social policy reviews for CSJ. She is also an honorary research fellow at Edinburgh University's Centre for Research in Families and Relationships with whom she has conducted primary research on long-term marriage. A published academic, she has recently co-authored the latest

introductory textbook for family studies, *Understanding Families: a Global Introduction* (with Professor Linda McKie).

In her current role she advises politicians and policy-makers from across the political spectrum and is a frequent speaker at parliamentary and other seminars on a broad range of policy areas. She is also a regular contributor to local and national media debates on many family-related subjects.

Her background is in academia (she holds Masters degrees in Social Anthropology from the Universities of Cambridge and Nottingham and a PhD from the University of Loughborough), the voluntary sector and industry: prior to becoming involved in policy research full-time, she provided research services to national and international voluntary sector organisations and industry.

Dr. Samantha Callan was followed by Dr. Ziad Nahas, Chair of Psychiatry at the American University of Beirut, who presented research examining the latest somatic interventions, highlighting the progressive learning and adaptations that help the depressed patient reach a stable remission. His Presentation was titled: “Chronic neuromodulation for depression: What does it take to sustain recovery”.

Ziad Nahas joined the AUB community in the Summer of 2011 as Professor and Chair of the Department of Psychiatry . Dr. Nahas moved to Houston Texas in 1993 as a resident in Psychiatry at Baylor College of Medicine. He joined the Medical University of South Carolina (MUSC) in 1997 where he completed a research fellowship in Functional Neuroimaging and Psychopharmacology and later a Master of Science in Clinical Research. Dr. Nahas held the title of a Tenured Associate Professor of Psychiatry and Behavioral Sciences with an adjunct appointment in the Department of Physiology and Neuroscience until he recent move to Beirut.

His scientific interest lies in translational neuropsychiatric researcher in mood dysregulation and depressive disorders. His current studies cover the full spectrum from clinical research and functional neuroimaging to basic science including mathematical modeling of longterm antidepressant outcomes. He is a renowned expert in brain stimulation therapies. Dr Nahas is also actively involved in bridging psychoanalytical concepts and affective neurosciences. He is primarily focused on investigating brain stimulation technologies , functional neuroimaging and basic animal model of depression. He has received several

awards including the NARSAD Independent Investigator Award and the Developing Scholar Award at MUSC. He is also a full member of the American College of Neuropsychopharmacology.

His recent studies have demonstrated the feasibility, safety and possible efficacy of bilateral epidural cortical stimulation for TRD. The first patient to be implanted in the world following this methodology was February 2008. Results were published in *Biological Psychiatry* as a Priority Communication and his research on the topic was listed in the Top 10 research development for year 2009 by NARSAD.

Over the next 5 years, Dr Nahas' goal is to grow the AUBMC Department of Psychiatry, enrich its multidisciplinary collaborations, bring innovative brain stimulation and various psychiatric sub-specialties to Lebanon and the region while continuing his translational and clinical research to develop a solid understanding of the pathophysiology of chronic depression and investigating new treatments for relapse prevention. He also intends to be a strong advocate for the parity of mental health care coverage in Lebanon.

Followed by Dr. Charles Johnson, Director of the Public Policy Research Institute (PPRI) at Texas A&M (TAMU), who highlighted important research projects on disability, undertaken by PPRI in collaboration with DIIFSD.

On 18 May 2010, The Permanent Mission of the State of Qatar to the UN hosted a Doha Briefing where Project CHILD has been launched.

Children and the International Landscape of Disabilities – or Project CHILD – presents a comprehensive international analysis of cultural and national responses to children with disabilities, including their identification, treatment, education, preparation for adult life, and situational impacts upon the family. Introduced by Shiekha Hissa Bint Khalifa Al Thani, former UN Special Rapporteur on Disability, Project CHILD integrates findings from 57 countries, drawn from more than 100 interviews conducted with experts whose collective experience captures the realities confronting 71% of the world's population. The report documents trends in eleven thematic areas and concludes with specific recommendations for parents, policymakers and practitioners. Project CHILD facilitates efforts to improve the lives of children with disabilities, strengthen the families in which they live, and encourage vigorous and sustainable social development.

Dr. Charles Johnson is the founding Director of the Public Policy Research Institute (PPRI) at Texas A&M University. PPRI is the largest public policy facility in the American southwest. Dr. Johnson is an internationally recognized scholar with a long and distinguished career in the scientific evaluation of public policy efforts. As a consequence of his scientific work, he has been called upon to offer U.S. Congressional testimony on several occasions.

Among his numerous academic and civic honors, Dr. Johnson was Texas A&M University's inaugural Regent's Professor, which is the highest distinction conferred by that University's Board of Regents. This award is conferred upon the professor whose life work has had the "greatest impact on the state, the nation and beyond."

He was also a recent recipient of the Bush Excellence Award for Faculty in Public Service. This career achievement award is made to the scholar who has made the largest contributions in: transferring scholarship to social benefits, including research that guides national policy and enriches public life. This esteemed award and accompanying stipend were presented to Charles Johnson by George H.W. Bush, forty-first president of the United States.

Locally, he holds an adjunct professorship at Texas A&M University – Qatar.

After Dr. Johnson, Dr. Helen Verdeli, Ph.D, highlighted the "Impact of depression treatment in families living in extreme poverty".

Her presentation focused on the reasons that depression treatment in parents, especially mothers, is vital to the mental and physical health of the children, as well as their educational attainment and food security. Content and methods of interventions and operational sites that permit optimal exploration of this line of research were discussed. The author presented current projects as well as future plans .

Dr. Verdeli is an Assistant Professor of Clinical Psychology at Teachers College, and the Department of Psychiatry at Columbia University, where she has been teaching graduate psychology students, psychiatry residents and fellows on research and practice of empirically-supported treatments. Dr. Verdeli's research focuses on prevention and treatment of mood disorders in families. She adapted and tested Interpersonal Psychotherapy (IPT) as a

preventive intervention for symptomatic adolescents of Bipolar parents. For this work, she has received grants from the National Alliance for Research in Schizophrenia and Affective Disorders and a National Institute of Mental Health K23 Award. She is currently conducting a clinical trial using IPT with depressed spouses of deployed Navy service members awarded by the Navy Bureau of Medicine and Surgery. Dr. Verdeli is also involved in adapting and testing psychotherapy for depressed family members in resource-poor areas. She collaborated with academic and humanitarian groups in the US and abroad and had a major role in the cultural modification of IPT for randomized controlled trials with depressed adults in southern Uganda, depressed adolescents in IDP camps in northern Uganda, distressed patients in primary care in Goa, India, and depressed community members in Haiti. Dr. Verdeli is a member of the Mental Health Advisory Committee for the Millennium Villages Project of the Earth Institute, a Scientific Advisory Council member of the American Foundation for Suicide Prevention, and the Scientific Advisory Board of Depression and Bipolar Support Alliance. She received the APA International Psychology Division Mentoring Award. She is currently a consultant with the WHO on global dissemination of psychosocial treatments and chairs the research workgroup of the Family NGO at the UN.

The first Panel of the Seminar was chaired by Dr. Javaid I. Sheikh, M.D. Dean Weill Cornell Medical College – Qatar (WCMC-Q). Dr. Sheikh came to WCMC-Q from Stanford University School of Medicine where he was a Professor of Psychiatry and Behavioral Sciences, and Chairman of the Board, Palo Alto Institute for Research and Education (PAIRE).

Dr. Sheikh is an internationally renowned researcher in the area of anxiety disorders, chronic stress related conditions, and cognitive impairment. He has published more than 125 scientific articles and more than 70 abstracts from proceedings of scientific meetings. His most recent investigations have focused on the interface of central fear circuits and sleep architecture in patients with chronic anxiety disorders. Funded by the National Institute of Health, his group has recently completed pioneering studies of sleep architecture in patients with anxiety disorders using low burden methodologies (e.g., life-shirt, sleep mattress) in naturalistic settings. This work will contribute substantially toward better understanding of the pathophysiology of these complex disorders.

Dr. Sheikh served as the Chief of Medical Staff at the VAPAHCS and Associate Dean for Veterans Affairs at Stanford from 2001 to 2006. Dr. Sheikh was listed in the "Best Doctors in America." from 1997-2001.

Before proceeding with the second panel, chaired by Dr. Samantha Callan, Dr. Thenaa Said, Program Manager, Biomedical and Health Sciences, Qatar National Research Fund (QNRF), gave a Presentation on the Research activities of QNRF especially in the field of Mental Health.

The second Panel, featured Michael Lilley, Founder Director, My Time CIC , who tackled the issue of Family Mental Health & Disability across Culture, Faith, Diversity and Ethnicity - My Time Approach.

Michael Lilley has been active with family and community development since 1978 within the UK, Europe and Internationally. He initially trained in community & youth development at Bulmershe College (now Reading University) and later Psychology, Criminology, and Primary Education at Keele University and Counselling Psychology/Family Therapy at City University (London). Michael was a single parent father for 18 years and this personal journey alongside his professional experience develop a new approach to mental health.

Michael worked within local authorities in the 1980-90s within disadvantaged communities throughout UK and in 1991 was awarded the Commonwealth Relations Award which including undertaking a community programme in Zimbabwe. His worked concentrated on how families and communities living in deprived communities could develop confidence and self-esteem to develop social enterprise and initiatives that would improve their circumstances. In 1997, he founded a Family Mental Health Centre in a former coal-mining community and this acted as pilot for My Time. In 2001, Michael founded My Time, with the My Time Centre in Birmingham opening in 2002 .

My Time CIC (community interest company) provides community based intercultural multi-lingual bespoke family orientated professional mental health services that are owned by the service users. The service is socially inclusive and

works from Police Officers to Asylum Seekers/Refugees with My Time working in 22 languages. In 2010/11, 1081 service users used the service with high social impact. In 2007, My Time won the UK Award for Innovation in Psychotherapy from the British Association of Counseling and Psychotherapy and in 2010, Outstanding Contribution to Research in Psychotherapy. In 2011, My Time was listed in the UK Top 10 of Organizations with Social Impact (RBS SE 100) and is now developing a programme to launch My Time Family Mental Health Centers across the UK.

My Time CIC works with families in Birmingham (UK) that originate from all over the World and works in 22 languages and across all faiths and cultures. This has enabled My Time to develop a unique approach that crosses diverse cultures whether a Muslim family originating from Pakistan to a Christian family from the Caribbean Islands. My Time has studied psychological approaches across the World and presented in a variety of countries. Western approaches of psychology tend to be very individualistic ("I") whereas Indigenous approaches in the East, North and South are more orientated to family & community "We" culture. The rapid changes in the World through Globalization are putting huge pressure on the family structure and the World Health Organization lists depression as the second highest "illness" in the World in the next 50 years.

The Shafallah Center participated in the Seminar; Dr. Mohammad Al-Attrash, Ph.D., Board Certified Behavior Analyst, Director of Psychological Services and Family Support, described the services Shafallah Center is providing to the Families of children with special needs. He described the programs that are tailored to supporting the families and increasing awareness in the community.

The Shafallah Center was established in 1999 at the behest of Her Highness Sheikha Moza Bint Nasser so that Qatari society could provide comprehensive services to children with disabilities. The Shafallah Center is the first facility of its kind in the world.

The centre offers state-of-the-art technologies, including an on-site Genetic Research Centre, cutting-edge therapies and first-class faculty and counselors. The Center is a non-profit, private institution, serving as a model for the

provision of special education, therapeutic, and health care support services for children with disabilities from birth to adulthood.

The Shafallah is a Center of Excellence that provides comprehensive services and care to individuals with developmental learning challenges, their families, and the community. They nurture the acquisition and application of unique skills and talents through the commitment of a dedicated team of professionals.

The Vision of The Center is to empower all individuals with developmental learning challenges and their families to fully participate in their community.

Its Mission is that they value acceptance and integration for all students, professionalism and teamwork, excellence, communication, and comprehensiveness in thought and work and finally new ideas.

To conclude, Nada Khawaja, well known for her book written in French, “C’est un enfant lui aussi” “He is a child too”, which was later translated to Arabic “Waladounkasa’ir el awlad” talked about “The Impact of Disability on the Family”.

The book “Waladounksa’ir el awlad” was first written in French and then translated to Arabic. It is a real life testimony of what Nada barakat Khawaja and her family went through with their special needs’ son. She relates all the challenges encountered with finding the right doctors, therapists, schools ... and with having to deal with social pressures and other family obligations. The book is written in a clear, fluid and constructive manner, filled with details concerning raising a child with special needs; she actually ended up going back herself to University and achieving a Diploma in Special Education. The book especially aims at letting people see the person before the disability.

The presentation started by covering the main cultural views of disability. It then examined the impact of a child with special needs on family functions, meaning family activities and tasks accomplished on a daily basis to satisfy the needs of its members. The main aim of this presentation was to clarify the appropriate objectives of community programs supporting the concerned families.

Nada Barakat Khawaja is a special educator/ coordinator and consultant in the field of special education as well as a strong advocate for people with special needs and their families. She is herself the mother of 3 children, one of whom has a developmental disorder. Nada is of Lebanese origins but grew up in Washington D.C. where she received a B.A. in International Relations. After settling down in Beirut, she went back to the American University of Beirut, (AUB) and received a Post Graduate Degree in Special Education. She is currently on her 6th consecutive year as a member of the Executive Committee of the Syndicate of Special Education Teachers in Lebanon and the creator and coordinator of a Children's books series entitled "Living with differences". She is the author of 2 of those children's books and both books won a competition launched by Anna Lindh Foundation for "Best books for Children with Special Needs".

The Seminar ended with a Luncheon at the QNCC.