Minutes of the First Meeting of the Mental Health Working Party
EUROFORUM, Luxembourg, 25–26 November 2003

Tuesday, 25 November 2003

1. Welcome and adoption of the agenda

Adoption of the Agenda

The chairperson, Horst Kloppenburg, welcomed all participants to the meeting. The agenda was adopted.

Mr. Kloppenburg introduced the recent organisational changes which have taken place in the Directorate General of Health and Consumer Protection.

The new structure in the Directorate General of Health and Consumer Protection (DG SANCO) with regard to public health is as follows:

Directorate Public Health and Risk Assessment consists of the following Units (Head of Unit):
- C1 Programme management (L. Briol)
- C2 Health information (J.F. Ryan)
- C3 Rapid reaction to health threats (G. Gouvras)
- C4 Health determinants (M. Rajala)
- C5 Health strategy (B. Merkel)
- C6 Health measures (R. Haigh)
- C7 Risk assessment (P. Wagstaffe)

Units C1-C4, which are in charge of implementing the Public Health Programme (PHP) will stay in Luxembourg and units C5-C7, which are responsible for overall issues and policy issues are (will be) located in Brussels.

From 2004 onwards, an Executive Agency to implement the public health programme with about 35 employees will be set up. This Agency will take care of administrative tasks, and also perform advisory duties. In the future, the logistical arrangements for the secretariats of the Working Parties (see below) may be taken over by the Executive Agency.

What is the Working Party on Mental Health?

Working Parties (WP) are established for the duration of the Programme of Community Action in the field of public health (2003–2008) in seven areas, one of which is Mental Health.

The overall task of the newly inaugurated WPs is to implement Strand 1 (Health information and knowledge) of the Public Health Programme. The WP meets twice per year to look horizontally at information, data collection and diffusion especially with regard to the indicators. Each WP reports to the Network of Competent Authorities, where the Member States are represented.

In this context, it was mentioned that the Working Party on Injuries and the Mental Health Working Party are structured differently from the other WPs in that mental health promotion and injury prevention are also covered by the Working Parties in question. These two WPs will, in addition to developing indicators and aiming at making them operational, also contribute to exchange of best
practice, development of policy and prevention initiatives, matters covered by the ‘determinants’ strand of the public health programme.

The respective tasks of the Programme Committee, the Network of the Competent Authorities, the Working Party on Community health indicators/Network of Working Party Leaders, which form the other structures of Strand 1 of the Public Health Programme, were explained by Mr. Kloppenburg.

On 1 January 2003, the implementation of the new Public Health Programme began. The programme committee consists of representatives of the Member States, the Accession countries - to become Members of the EU in May 2004 – the enlargement countries and EEA countries. There are altogether 31 countries involved, when Romania, Bulgaria, and Turkey will be taken into account.

About the roles of the Programme Committee and the Network of the Competent Authorities, the participants were told that

- the Programme Committee has a legal base in the decision establishing the EU Public Health Programme, while all other layers are tools to assist the Commission services to implement the Public Health Programme
- the Network of competent authorities has a same role as the working parties and provides an overview of the situation in the countries (members of this network are/have been nominated by the members of the Programme Committee, and they are mostly heads of public health institutes in charge of development of policy in their own countries on health information).

The following structure is the Working Party of Community health indicators/Network of Working Party Leaders, which consists of the leaders of the WPs, and has, therefore, an inherently horizontal character.

As to the Working Party on mental health it was suggested that Prof. Kristian Wahlbeck (of STAKES) would be the Working Party Leader and Dr. John Henderson (of MHE) would act as its Deputy. This suggestion was unanimously agreed.

The mandate

Mr. Kloppenburg explained that with regard to the WP, the Commission does not aim at building a hierarchical structure: all members of the WP have the same rights and same position. In principle, the WPs are set up for consensus building - no-one can be obliged by majority or voting - and to convince the members to compromise and to reach common agreements on the specific issues that are dealt with.

Some points that were raised in this context were:
- The Mental Health Working Party tries to cover the geographical situation in Europe
- as to the membership (1) it convenes the leaders of the past, present and future projects supported by Community public health funding and (2) if some country has not been involved in these projects previously, it will be the task of the representative of the network of competent authorities to nominate an expert for the working party; (3) representatives of international organisations (e.g. WHO, OECD, ILO) can join in and be members as the others; (4) outside experts not involved, but will be invited if needed
- The Working Party is an instrument of the Commission to implement the public health programme; the Commission Services will be assisted by a secretariat (located in STAKES, which has submitted a funding application for a secretariat and for the co-ordination of various projects under strand 1 - others coming from strand 3 handled from the side of the secretariat)
For the individual projects, the steering structure stays as planned, but issues can be discussed - task forces can be established on an ad hoc basis, if needed, and discussed in the plenaries of the WP.

Co-operation of the Working parties (outlined in a document distributed at the meeting) will be called for and organised by the Commission Services, in the framework of a horizontal group network of working parties leaders, described above.

The mandate was then adopted and Mr. Kloppenburg thanked the participants for their trust and confidence in the Commission Services.

2. Overview of projects on mental health promotion

The past and present EC-funded projects in the field of mental health promotion were introduced. The list of projects and presenters is as follows:

- Putting mental health on the European Agenda (V. Lehtinen; presentation annexed to the minutes)
- Combating stress and depression related problems (J. Henderson on behalf of L. Meulenbergs)
- Mental illness and stigma in Europe (A. Constantopoulos)
- An outline of projects on children and adolescents (J. Henderson)
- Mental health economics (D. McDaid; presentation annexed to the minutes)
- Mental health promotion and prevention strategies for coping with anxiety, depression and stress-related disorders in Europe (J. Henderson)
- Integrating mental health promotion interventions into countries' policies, practice and the health care system (E. Jané-Llopis; presentation annexed to the minutes).

In addition to the above, two other projects - Unemployment and Mental Health, and Mental Health in Europe - have been carried out in the past.

Subsequently, two future projects, expected to receive funding from the first call for proposals in the 2003 funding round were presented. These were:

- Implementation of mental health promotion and prevention policies and strategies in EU member states and applicant countries (J. Henderson)
- Nüremberg Alliance Against Depression, (U. Hegerl; presentation annexed to the minutes)

A draft report tentatively entitled "Strategies for implementation of mental health promotion and prevention actions against depression and depression-related problems" was presented (J. Lavikainen). In this context it was mentioned by the chairperson that this is a crucial report that has been listed in the Commission management Plan 2004. Therefore, the report is already politically sensitive and will certainly attract substantial attention. Finally, critical and constructive comments from the members of the Working Party were welcomed at a later stage of finalizing the report.

3. Discussion on future perspectives on mental health promotion

Following the presentations, the participants of the meeting were asked to consider related issues and problems in regard to Mental Health Promotion as the preparation of the Work Plan for 2005 starts already in spring 2004.

In this context, tools for mental health impact assessment as well as the interactions between mental health and information technology were brought up. It was noted that it would be worthwhile to build on what has already been recommended in the previous projects and what can be learnt from the problems of the past projects. With regard to this, some key issues were sustainability, training programs and capacity building. The concept of evidence was discussed and it was agreed that a
background paper is needed. In addition, it was mentioned that transition periods also play a role during working life; Internet needs to have a more interactive role - tools are already offered in many countries for self assessment etc. Trust building is relevant here together with focusing on comprehensive strategies on the organisational level.

Additional suggestions focused on qualitative evidence, migration, liaisons between research and implementation institutes and exploring cross-cutting mental health components in the other existing programmes. The need for embedding mental health in general health promotion programs has to be considered. It was also emphasized that some issues need to be seriously considered if projects are to be applied - such as cross-border (across working party boundaries) initiatives (e.g. cross-border idea of burden).

Next, it was decided that a task force will be established to consider the topic of evidence in the context of mental health promotion and to produce a short document (2 pages) which would perhaps be distributed to the other Working Parties as well. This task force will be led by Kristian Wahlbeck and Eva Jane-Llopis and the members are Angelo Barbato, Ricardo Gusmao, David McDaid, Heinz Katschnig, Karl Kuhn and Eleni Petridou (of the Working Party on Injury Prevention). It was decided that this group will prepare the document which will be distributed for discussion before the next meeting of the Mental Health Working Party (which will be held in the summer of 2004).

Another task force on future perspectives of mental health promotion was established to contemplate issues to be taken up in the future workplans. The members are John Henderson, Patricia Noonan Walsh, David McDaid, Viviane Kovess, Dainius Puras, Athanassios Constantopoulos, Charles Pull, Iveta Bluka, Mojca Dernovsek and Juha Lavikainen.

4. Overview of past, present and future projects on mental health indicators

- Mental health indicators (V. Lehtinen; presentation annexed to the minutes)
- Report on the state of mental health in Europe (V. Kovess)
- Specific points as to the project on disabilities were presented (P.N. Walsh): (1) people with handicaps live longer (a family issue) (2) confusion between mental health and intellectual disabilities (3) some people with intellectual disabilities live in large institutions (4) many people fall between systems (5) existing indicators do not fit with people with intellectual disabilities (6) vulnerability and depression in older people (e.g. bereavement).

- The new project on mental health indicators (presented by J. Lavikainen, T. Brugha, A. Ozamiz, E. Jane-Llopis, H. Katschnig, V. Kovess). This presentation highlighted the proposal of STAKES submitted to the Call for Proposals 2003, by introducing the overall contents of the applied project and the specific partnership projects (due to a lack of time, this presentation was moved to be held on Wednesday).
Wednesday, 26 November 2003

5. Presentation of the short list of European Community Health Indicators - ECHI
(P. Kramers; presentation annexed to the minutes)

6. Inclusion of mental health indicators

The discussion on inclusion of mental health indicators tackled both generic and technical questions in a detailed way. As a result of this discussion, it was considered that to the short list of the Community health indicators, an indicator on positive mental health, the MHI5 (5-item Mental Health Inventory), and an indicator on social environment should be added. All in all, the work on this list is still in progress and it is likely that a number of additions will be included. Therefore, the Working Party should reach a common agreement towards development of further indicators or improving or replacing the current mental health indicators included in this list. It needs to be borne in mind that this work should contribute to the development of the health information and knowledge system. To this end, the secretariat of the Working Party will prepare a background paper for the next meeting containing a proposal for the indicators to be included.

7. Availability of data and further networking
(K. Wahlbeck; presentation annexed to the minutes)

8. Discussion on future perspectives on mental health information

With regard to future communication between the members of the Mental Health Working Party, it was agreed that an interactive web-based virtual office - a Webboard - will be established and maintained in the STAKES website.

It was pointed out that National focal points may not necessarily represent their Member States authorities. As to the terminology, it was decided to use the expression Member State instead of the term National.

It was mentioned that the implementation of the whole Strand 1 of the Public Health Programme has begun and progressed very rapidly. Respecting the idea of transparency, all relevant information - lists of participants, agendas, minutes - of the Network of Competent Authorities and the pertinent networks and working parties together with the name list of the members of the Programme Committee, will be published on the Commission's webpage.

The work to be conducted in the area of mental health indicators is of prime importance here.

Mr. Kloppenburg thanked all participants for their contributions and closed the meeting at 13:20.

Annexes
1. Agenda
2. Draft mandate
3. List of participants
4. The members of the ad hoc task forces
5. Powerpoint presentations (attached separately)
6. Relevant websites
ANNEX 1

DRAFT AGENDA

Tuesday, 25 November 2003

1. Welcome and Introduction
   - Adoption of Agenda
   - What is the Working Party on Mental Health?
   - The Mandate

2. Overview of projects on mental health promotion
   - Putting mental health on the European Agenda (by V. Lehtinen)
   - Combating stress and depression related problems (by L. Meulenbergs)
   - Mental illness and stigma in Europe (by A. Constantopoulos)
   - An outline of projects on children and adolescents (by J. Henderson)
   - Mental health economics (by D. McDaid)
   - Mental health promotion and prevention strategies for coping with anxiety, depression and stress-related disorders in Europe (by J. Henderson)
   - Integrating mental health promotion interventions into countries' policies, practice and the health care system (by E. Jané-Llopis)
   - Implementation of mental health promotion and prevention policies and strategies in EU member states and applicant countries (by J. Henderson)
   - Presentation of the report on "Strategies for implementation of mental health promotion and prevention actions against depression and depression-related problems" (by J. Lavikainen)

3. Discussion on future perspectives on mental health promotion

4. Overview of past, present and future projects on mental health indicators
   - Mental health indicators (by V. Lehtinen)
   - Report on the state of mental health in Europe (by V. Kovess)
   - The new project on mental health indicators (by J. Lavikainen)

Wednesday, 26 November 2003

5. Presentation of the short list of European Community Health Indicators – ECHI (by P. Kramers)

6. Inclusion of mental health indicators

7. Availability of data and further networking (by K. Wahlbeck)

8. Discussion on future perspectives on mental health information

9. Any other business
ANNEX 2

Draft mandate
Mental Health Working Party (MHWP)

1. Purpose of the Mental Health Working Party

In implementing the health information and knowledge strand of the Public Health Programme and in particular the Work Plan 2003 thereof, the Mental Health Working Party shall be established. The Mental Health Working Party shall contribute to the improvement of the information and knowledge and to the promotion of a positive mental health and wellbeing and prevention of mental ill-health.

The purpose of the Mental Health Working Party is to provide a forum for discussion and exchange of views and experience on mental health information and to contribute to the improvement and promotion of a positive mental health and wellbeing.

The Mental Health Working Party shall contribute to the compilation and development of a sustainable health monitoring system in the field of mental health, to the collection, the sharing and diffusion of mental health data.

It shall participate in making the mental health indicators based on the above mentioned mental health data and on other databases operational.

It shall contribute mental health indicators to the short list of European health indicators.

It shall co-ordinate in this respect with other priority areas of the information and knowledge system.

It shall advise on the creation of a EU strategy to address a positive mental health.

It shall also contribute to the preparation of the annual work plans of the Public Health Programme 2003-2008.

It shall assist in the diffusion of ‘good and best practice’ by means of presentation and comparison of national health information and knowledge in the fields of mental health.

It shall also examine mental health related issues in other Community policies and co-ordinate its own activities with those of related European and International Institutions and Organisations, such as the WHO, the Council of Europe, OECD, etc.

2. Duration and members of the Mental Health Working Party

The Mental Health Working Party is established for the duration of the Public Health Programme 2003-2008.

Members of the Mental Health Working Party are contract holders in the area of mental health information and mental health promotion, and competent stakeholders in the field of mental health such as International Organisations, NGOs and patient representatives.

The Network of Competent Authorities shall be informed of the participants of this working party.

3. Organisation of the work of the Mental Health Working Party

The Mental Health Working Party shall be linked to a Secretariat, which shall contribute to the organisation of meetings and preparation of documents.
The Secretariat shall be a central focus point for better co-ordination on the Mental Health Working Party members and external stakeholders such as International Organisations, etc.

If necessary, the Mental Health Working Party might establish ad hoc Task Forces in order to carry out or guide any development work in specific areas with a view to preparing consensus documents to be discussed and agreed in plenary afterwards.

4. Tasks

- To contribute to the compilation and development of a sustainable health monitoring system in the field of mental health, to the collection, sharing and diffusion of mental health data;
- To participate in making the mental health indicators operational and to develop them further;
- To co-ordinate with other priority areas of the information and knowledge system;
- To give advice on the preparation of a European strategy in mental health;
- To identify elements with a view to contributing to the preparation of the annual work plans in its fields of competence;
- To evaluate, benchmark and diffuse national ‘good and best practices’;
- To examine the possibilities of common evidence-based actions;
- To examine mental health related issues in other Community policies and their impact;
- To contribute to the co-ordination of mental health activities in the yearly public health forum and other relevant events.

The Mental Health Working Party shall meet twice per year. The meetings will be organised by the Commission Services in Luxembourg.
ANNEX 3 The list of participants

First Meeting of the Mental Health Working Party

DRAFT LIST OF PARTICIPANTS
Luxembourg, 25-26 November 2003
Room EUFO 001

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- Mr. Horst KLOPPENBURG, DG SANCO C/2
- Ms. Sylvie MANGUIN, DG SANCO C/2
- Mr. Lucian AGAFITEI, DG ESTAT D/6
ANNEX 4 The Task Forces

Task Force on Evidence

Leaders: Eva Jane-Llopis and Kristian Wahlbeck

Members:
Angelo Barbato
Ricardo Gusmao
Heinz Katschnig
Karl Kuhn
David McDaid
Eleni Petridou

Task Force on Future Perspectives on Mental Health Promotion

Leaders: John Henderson and Patricia Noonan Walsh

Members:
Iveta Bluka
Roberto Cardea
Athanassios Constantopoulos
Mojca Dernovsek
Viviane Kovess
Juha Lavikainen
David McDaid
Charles Pull
Dainius Puras
ANNEX 5 Powerpoint presentations

Attached separately
ANNEX 6 Relevant websites

DG SANCO - Public Health: europa.eu.int/comm/health/index_en.html

WHO Regional Office for Europe - Mental Health Programme
www.euro.who.int/eprise/main/WHO/Progs/MNH/Home

Organisations

Mental Health Europe-Santé Mentale Europe: www.mhe-sme.org

STAKES: www.stakes.fi/mentalhealth

Project related

Implementing Mental Health Promotion Action: www.preventioncenter.net/index.html

Mental Health Economics: www.mentalhealth-econ.org/
### Public Health and Risk Assessment

**Director**  
Mr. Fernand SAUER  
32719/35640

**HEAD OF UNIT**  
Mr. Ronald HAIGH  
32734

**Secretary**  
Ms. Sabine MAUR-HELMES  
38204

**Secretary to Director**  
Ms. Christine HENRY  
35640

**Secrétaire**  
Ms. Maria Luisa GUERRA GAITAN  
38216

**Assistant to the Director**  
Mr. Walter BAER  
32731/38204  
Ms. Virginie DAHM  
36314

### Programme management

**HEAD OF UNIT**  
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34450/36471

**Secretary**  
Ms. Karoline WIRTH  
33860

**Secretary - unit management**  
Ms. Maria Laura PASQUINELLI  
38106

**ADMINISTRATEUR FINANCIER - A**  
Mr. Pierre-Antoine BARTHELEMY  
36148/35356

**Policy desk officer**  
Ms. Kirsi KARKKAINEN  
38080  
Ms. Zinta PODNIECE  
33414

**Gestionnaire Financier**  
Mr. Dirk BACKENDORF  
38247

**Gestionnaire Financier**  
Mr. Michael BENARROCH  
34214

**Gestionnaire Financier**  
Mr. Marc VAN WELSENAERS  
34843

**Gestionnaire financier**  
Mr. Steffen ZENNER  
33543

**Gestionnaire Financier**  
Ms. Muriel AUBIN  
34487

**Gestionnaire Financier**  
Mr. Jean-Paul CLIN  
38252

**Gestionnaire Financier**  
Ms. Sabine JACQUES  
35356

**Gestionnaire financier**  
Ms. Catherine  
38262
### Gestionnaire financier

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### ++++ SANCO.C.2  **Health information**

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<td>Ms. Valerie TRAVER</td>
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<td>Ms. Nadia GODEAU</td>
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**** SANCO.C.5 Health strategy

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<td>Ms. Ute HAMMESFAHR</td>
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<td>Secretary to the SANCO Brussels Health Taskforce</td>
<td>Ms. Kathleen ARTS</td>
<td>84096</td>
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<td>Mr. Tapani PIHA</td>
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<td>Mr. Nicholas FAHY</td>
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<td>Ms. Mary HENECHAN</td>
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### ++++ SANCO.C.6  **Health measures**

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<td>Ms. Maarit KOKKI</td>
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<td>Mr. Eduardo FERNANDEZ-ZINCKE</td>
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### ++++ SANCO.C.7  **Risk assessment**

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<td>Mr. Peter WAGSTAFFE</td>
<td>57464/92010</td>
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<tr>
<td>Administrator - scientific secretary of the Scientific Committee on Cosmetic Products and Non Food Products intended for Consumers</td>
<td>Mr. Terje PEETSO</td>
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<td>Administrator - scientific secretary of the Scientific Committee on Toxicity, Exotoxicity and the Environment (SCTEE)</td>
<td>Ms. Valerie ROLLAND</td>
<td>56535</td>
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<td>Principal administrator - scientific secretary of the Scientific Committees on Medicinal Products and Medical Devices</td>
<td>Mr. Arturo SANABRIA TIENZA</td>
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<td>Principal administrator - scientific secretary of the Scientific Committees on Toxicity, Ecotoxicity and the Environment</td>
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<td>Senior assistant - technical secretary of the Scientific Committee on Cosmetic Products and Non-Food Products intended for Consumers.</td>
<td>Mr. Antoon VAN ELST</td>
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<td>Ms. Marianne SCHLESSER</td>
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<td>Mr. Massimo CIOTTI</td>
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