

RCPsych International

The International eNewsletter

Welcome



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Presidential Lead for Global Mental Health

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Dear Colleagues,

As we navigate through these challenging times globally, with countless individuals experiencing the tumult of conflict, grappling with medicine shortages, and enduring economic instability, particularly during this season of holidays, it becomes increasingly evident that amidst the chaos, it is the small acts of kindness that possess the profound ability to unite us all.

Within the realm of mental health, the significance of these acts of kindness cannot be overstated. As many grapple with the psychological toll of war, scarcity, and instability, the importance of fostering a sense of connection and solidarity becomes paramount. It is through empathy and understanding that we can begin to address the challenges that confront us, working towards a future where mental well-being is prioritised and safeguarded for all. As always, I urge you to share our [emergency resources](#) as well as take advantage of the College's [Psychiatric Support Service](#).

In this quarter's International Newsletter, I am delighted to share updates and insights from across the RCPsych global community. Our International Divisions continue to play a pivotal role in advancing the College's International Strategy, working tirelessly to promote mental wellbeing awareness, education, and access to care. You will have the opportunity to meet the Chairs at the upcoming [International Congress](#), which will take place in Edinburgh from June 17th to 20th. Our customary International Breakfast will be held on June 19th, to which you will be receiving invitations shortly.

I am pleased to share our recent visit to the [Mental Health Action Trust \(MHAT\)](#) in Kerala, India, alongside President Smith, where I had the privilege of observing the dedication and compassion of mental health professionals and gaining insights into a highly effective care model. More details will be available below for you to explore further.

On behalf of the international team, I am thrilled to announce the launch of the College's inaugural International Diploma in Older Adults' Mental Health, offering doctors outside the UK an opportunity to enhance their skills and understanding of managing common mental disorders in older adults, contributing to an international community of practice and fostering the development of services within their clinical practice. Please see more info on how to register below.

Furthermore, I'd like to note that nominations for the [RCPsych Awards](#) are now open. These awards offer a unique opportunity to celebrate the outstanding contributions of individuals and organisations in the specialty, recognising excellence and innovation in mental health practice and research. Please consider submitting a nomination along the guidelines detailed below.

As we strive to support our members in their professional endeavours, I would also like to highlight the wealth of resources available through your RCPsych Membership. From our comprehensive [publishing app](#), which provides access to a vast array of psychiatric literature, to our educational programs and networking opportunities, we are committed to empowering our members with the tools and support they need to thrive in their careers.

In closing, let us remember that even in the face of adversity, kindness has the power to heal, to uplift, and to unite us all. Together, let us continue to work towards a future where mental health is recognised as a fundamental human right in our collective journey towards healing and resilience.

Please don't hesitate to reach out to me or if there's any way, I can offer support.
Warmest regards,
Mohammed



Accessing Expertise

Get to know your membership benefits

Thanks to your feedback, it has come to the international team's attention, that many members may not be aware of the breadth of resources available to them as part of their College membership benefits.



One of the standout features of our [library services](#) is the **Literature Searching Service**. Members can simply submit their query, and our library team will conduct a thorough search across multiple academic databases to gather high-quality information tailored to their needs. Past topics have included ketamine-assisted psychotherapy to critical discussions on societal issues such as racism in psychiatry. Additionally, members can delve into topics such as trauma and psychosis, mindfulness therapy, and even the intersection of financial debt and mental health. In addition to literature searches, our library services extend to inter-library loans, allowing members to request articles beyond our collection. While there are limitations on the number of requests per person per week, this service broadens the scope of accessible information.

Members can access **databases** like Medline, PsycINFO, and Embase, or utilise our own Library Catalogue to conduct their literature searches. An [e-learning module](#) is also available to walk you through the steps, and our dedicated library staff are always on hand to assist with any queries. Accessing these resources is made simple through our partnership with [OpenAthens](#). For those who haven't yet registered, obtaining an account is as easy as sending [an email](#) to our library team. Once registered, you'll have access to over 40,000 eBooks and all College journals.

The [BJPsych Journals app](#) is another exclusive benefit for all RCPsych members and aims to bring the latest issues and digital content directly to you on the go. Access a comprehensive collection of five journals, including the latest 12 months' issues, along with search capability, offline content saving, and integrated podcasts and videos, while receiving notifications for new releases.

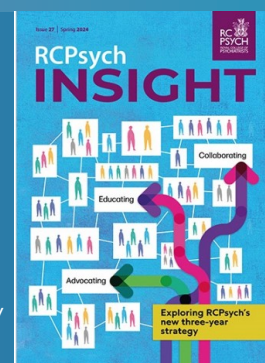
Non-members, are also welcome to access our resources, including our

- wide range of [free webinars](#)
- [emergency resources](#)
- [MindEd](#) - a free online educational resource covering mental health for children, young people, adults and older people
- [Suicide Prevention Programme](#) resources
- [Patient leaflets](#)
- a selection of [free CPD eLearning](#) content.

RCPsych Insight magazine

The Spring issue of RCPsych Insight magazine is now available on the [College website](#). It includes articles on the following topics, and many more:

- How Wales is forging ahead with plans to reform mental health legislation
- A two-year College programme aims to embed a new culture of care in in-patient wards in England
- RCPsych's Presidential Leads for Women and Mental Health discuss the College's efforts to improve services for women and girls
- A look at the College's new strategic plan and its new international strategy





President Lade Smith's Visit to MHAT



In a special visit, during the 2024 ANCIPS conference in Kochi, India, President Smith had the privilege of exploring the work of the [Mental Health Action Trust \(MHAT\)](#) in Kerala, founded by Dr Manoj Kumar, RCPsych South Asian Division Chair. MHAT has an exemplary model of care, delivering comprehensive and recovery oriented mental health services to the most vulnerable segments of society. Operating solely within the community, MHAT's innovative approach does not rely on hos-

pital admissions and allows patients to remain in their homes or localities while receiving treatment.

What sets MHAT apart is its collaborative ethos, partnering with like-minded local entities to extend its services free of charge to those in need. Through the concept of task sharing, MHAT optimises its resources, with seasoned psychiatrists overseeing critical care components while delegating other responsibilities to trained professionals, as well as mental health workers. Furthermore, the organisation has widened its scope to address the social determinants of mental ill health, assisting clients in accessing essential services such as pensions and facilitating citizenship registration.

Located just one hour outside of Kochi, President Smith had the opportunity to visit one of MHAT's remote clinics. Situated within a cooperative bank, this innovative clinic not only offers stigma-free mental health services but also serves as a vital community hub, empowering local farmers to secure fair prices for their produce. During her visit, President Smith had the opportunity to meet with the local branch director, who emphasised the significance of the partnership with MHAT for the local community, particularly for individuals grappling with a lack of access to quality services.



Special thanks to MHAT team, especially Dr Manoj Kumar, Dr Meena Srikumari and Ms Sona Narayanan for their time and care during our visit.



International diploma in Older Adults' Mental Health

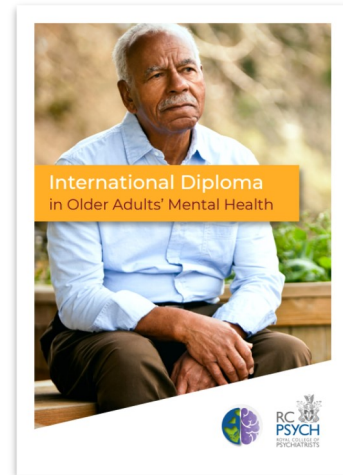
The international team is delighted to announce the launch of the College's first [International Diploma in Older Adults' Mental Health](#).

This new knowledge enhancement programme is designed for doctors outside the UK wishing to upskill or refresh their understanding of how the most common mental disorders in older adults present and are managed.

The programme will allow learners to broaden their understanding of the clinical and service-related complexities of working within older adults' mental health. In addition, learners will contribute to an international community of practice for psychiatry of older people, providing the skills and knowledge to develop services for older people within their own clinical practice.

We are now accepting applications for the first cohort with a proposed course start date in September 2024. Please visit the web page for further details and instructions on how to apply.

[View our brochure.](#)

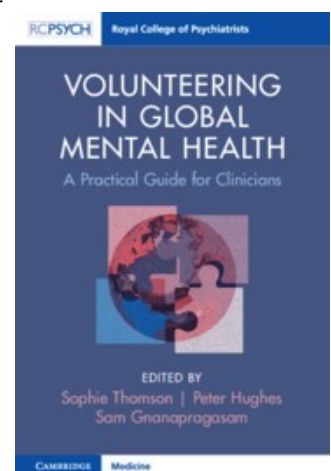


RCPsych book: Volunteering in Global Mental

The newly published RCPsych book **[“Volunteering in Global Mental Health: A Practical Guide for Clinicians”](#)** provides an informative and practical guide for mental health professionals undertaking volunteering internationally. The co-authors are Dr Sophie Thomson (past Chair of the College's Volunteer and International Psychiatry Special Interest Group), Dr Peter Hughes (Past Chair of the RCPsych London Division, Past Chair of the College's Volunteer and International Psychiatry Special Interest Group, winner of RCPsych Lifetime Achievement Award 2023) and Dr Sam Gnanapragasam (South London and Maudsley NHS Foundation Trust).

This book serves as an essential companion, offering insights and expertise to clinicians dedicated to making a positive impact on global mental health.

You can purchase the book via the [Cambridge University Press website](#).





International Divisions

Updates from your International Divisions

Western Pacific Division

Dr Steve Kisely, Chair
Update

The Western Pacific Division is excited to extend an invitation, to attend an **RCPsych Members' Reception during the upcoming RANZCP Annual Congress**. The reception will take place on **Tuesday, May 21st, at 18:00** on the congress premises. This event offers a great opportunity to network with colleagues and to meet Dr Steve Kisely, Chair and Dr Rebecca Horne, Vice Chair.

Please drop Agnes a line, if you're interested in joining us: agnes.raboczki@rcpsych.ac.uk

In recent updates, the Division organised a highly successful Dean's Grand Rounds webinar in collaboration with the Faculty of Intellectual Disability. The webinar focused on "Improving outcomes for people with intellectual disability and challenging behaviour: Strategies for psychiatrists to initiate change and influence policy." It took place on February 8th, 2024, and is [accessible for online viewing](#).

Special thanks to Dr James Smith for taking the lead and our esteemed speakers, Professor Angela Hassiotis, Dr Inder Sawhney, Dr Rebecca Koncz.

European Division

Dr Angela Carballado, Chair
Update

The European Division recently hosted a highly successful Dean's Grand Rounds webinar titled *Catatonia and ECT: a European perspective*. This webinar focused on a case of severe catatonia in an intensive care unit, highlighting the rapid and complete response to ECT, while also incorporating the service user's views. The goal of the webinar was to provide delegates with an overview of the awareness and knowledge of catatonia among European psychiatrists, review the literature on ECT as a treatment for psychiatric conditions including catatonia, and discuss current attitudes towards ECT. The webinar received an impressive 1000 registrations. You can view the [recording online](#), as well as access the slides and the Q&A report.

Many thanks to Dr Myles Doyle, Professor Gabor Gazdag, Dr Richard Braithwaite, Professor Linda van Diermen, and Dr Eivind Aakhus.

To rewatch past Dean's Grand Rounds Webinars:

[8 February 2024—Improving outcomes for people with intellectual disability and challenging behaviour](#)

[11 January 2024—Enhancing Physician Wellbeing through Innovative Tele-mentoring: NAMAH](#)

[14 December 2023—Catatonia and ECT: a European perspective](#)



Middle Eastern Division

Dr Ovais Wadoo, Chair

Update

An RCPsych delegation recently attended two significant conferences. Firstly, the 4th Abu Dhabi Integrated Mental Health Conference took place from January 27th to 28th under the theme "Harmonising Minds Bridging Gaps, Breaking Barriers." The College had the privilege of presenting two speakers at this event: Prof Tim Kendall, the International Director of the College's National Collaborating Centre for Mental Health (NCCMH) and Former National Clinical Director, England, who discussed The future of integrated mental health care in the UK, and Dr Kallur Suresh, Chair of RCPsych Eastern Division and Co-Director of the International Diploma in Older Adults' Mental Health and Dementia, who spoke on Mental Health in Primary Care: A UK Perspective. The conference was spectacularly well-organised and provided excellent networking opportunities.



The second event we participated in was the 3rd Advances in Psychiatry Across Ages Conference (APAA), held from February 9th to 11th in Abu Dhabi. We were pleased to host President Lade Smith and Professor Mohammed Al-Uzri in the region. Additionally, we had the chance to discuss our work in the West Bank within a session titled Applied Example of International Collaboration with the RCPsych to Develop Services in the Middle East, alongside Dr Nadia Dabbagh and Dr Richard Braithwaite, as well as host an RCPsych members' reception. The conference provided an exceptional platform for scientific exchange and shared learning, offering attendees the opportunity to engage with fellow members and delve into crucial issues.

Pan American Division

Dr Ken Kaufman, Chair

Update

The Division is pleased to invite members to attend an RCPsych Members' Reception during the upcoming [APA annual meeting](#) in New York City. The reception will take place on **May 4th, 2024, from 7:30 to 8:45 pm at the NY Sheraton Hotel**. This event offers an excellent opportunity to connect with College officers, including President Smith, Professor Al-Uzri, Dr Senviratne, Registrar, and Mrs. Walter, CEO, as well as members of the Division Executive.

Please RSVP by emailing Agnes at agnes.raboczki@rcpsych.ac.uk

Additionally, we would like to highlight the following RCPsych sessions scheduled during the meeting:

Sat, 4 May	8:00-9:30 am EDT	Translating the UK's Groundbreaking Work on Public Health Psychiatry from English to American	Chair: Kenneth Thompson, M.D. Peter Byrne Jonathan Campion, Shubulade Smith	Room 1E16, Javits Center
Sat, 4 May	12:30-1:30 pm EDT	Meet the Editor of BJPsych Open	Kenneth Kaufman	Cambridge University Press Exhibit in Exhibit Hall
Sun, 5 May	3:45-5:15 pm EDT	Psychiatric Education and Training Across the Atlantic	Chair: Geert Dom Hygiea Casiano, Marisa Dias Mohammed Al Uzri	Rooms 1A22, Javits Center



South Asian Division

Dr Manoj Kumar, Chair

Update

The Division had the privilege of hosting a distinguished RCPsych delegation in the region, during the 75th Annual National Conference of the Indian Psychiatric Society (ANCIPS) in Kochi, India, held from January 18th to 21st, 2024. The delegation included President Lade Smith, who delivered a keynote address on *Reproductive effects of psychotropic medications: The problem and how to combat it*. Additionally, RCPsych Dean Dr Subodh Dave contributed to a session titled *Planning collaborative study on professional burnout* while Professor Mohammed Al-Uzri, Dr Fabida Aria, Dr Manoj Kumar, and Dr Chathurie Suraweera jointly delivered a session on *Prioritising trainee well-being amidst shifting landscapes in psychiatry*.



African Division

Dr Neil Horn, Chair

Update

The College is delighted to announce the official launch of the Global Health Workforce project, funded by the Tropical Health and Education Trust (THET), in partnership with the Ghana College of Physicians and Surgeons (GCPS) and partially extend to two organisations in Kenya. This initiative will primarily focus on subspecialty supervision in four key areas: Forensics, Addictions, Old Age, and Child and Adolescent psychiatry. In addition to this exciting development, a delegation from the GCPS will be joining us at the International Congress in Edinburgh. Their participation underscores the significance of collaborative learning in both medical education and practice. Together, we are well-positioned to nurture solidarity and exchange innovative solutions aimed at enhancing healthcare access and quality.

BJPsych International Podcast

Explore the [BJPsych International podcast](#) for insightful discussions on critical topics such as *Community treatment orders from an international perspective* and the *Mental well-being challenges faced by young Sri Lankan women*, offering valuable insights and perspectives. Stay informed and engaged with the latest developments in global mental health initiatives and research.





RCPsych Awards nominations now open

Nominations are now open for the **2024 RCPsych Awards**. This year many categories are open to international nominations, including all team awards, Psychiatric Communicator, Academic Researcher and Psychiatrist of the Year.

In 2023, the International Team was delighted to witness Dr Fabida Aria, Specialist Advisor for MTI and Chair of the Transcultural SIG, being honoured with the esteemed Psychiatrists of the Year Award, marking a significant recognition of her contributions and expertise.

We need your help in finding those individuals and teams who have made an outstanding contribution to mental health care across the world. We want to hear about the people who have inspired you, with stories of dedication and commitment. We're really looking forward to receiving your entries.



The closing date for entries is **5pm BST on 31 May 2024**. You can find the full list of categories, criteria, entry forms and rules for entry on our website: www.rcpsych.ac.uk/awards. If you have any questions about the awards, please contact MembershipServices@rcpsych.ac.uk

Translation updates

We have produced the following translations since our last update. You can also find all of our translations [on our website](#):

- Coping after a traumatic event in [French](#), [German](#), [Greek](#), [Hebrew](#), [Italian](#), [Marathi](#), [Romanian](#), [Spanish](#), [Tamil](#), [Vietnamese](#)
- Anorexia and bulimia in [Arabic](#) and [Japanese](#)
- Attention deficit hyperactivity disorder (ADHD) in [Hindi](#) and [Russian](#)
- Post-traumatic stress disorder (PTSD) in [Bengali](#)
- Bipolar disorder in [Polish](#)
- Electroconvulsive therapy (ECT) in [Chinese](#)
- Depression in older adults in [Welsh](#)



Events

Upcoming events you may be interested in:

Free Members' Webinar: Dean's Grand Rounds - Neurodiversity in women during the perinatal period

Date: 25 Feb 2024, 4:00-5:30 pm (BST)

Description:

This webinar will consider what we know about ADHD and Autism in the perinatal period as well as identify areas for further research..

[Find out more ➤](#)

RCPsych International Congress

Date: 17-20 June 2024, Edinburgh, Scotland

Description:

Congress is the College's annual flagship event – an ideal opportunity to network, share examples of best practice and ensure you're up to date with the latest findings in mental health.

This year we'll be back in the beautiful city of Edinburgh. Please browse through the [resources linked here](#) to plan your trip.

We encourage you to participate in our [Mindmasters Quiz](#) and represent your respective region!

[Find out more ➤](#)

Keep in contact



Submissions for Summer 2024 issue

Please contact Agnes Raboczki via agnes.raboczki@rcpsych.ac.uk with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the summer 2024 edition is 30 June 2024.

The Royal College of Psychiatrists is the professional body responsible for education and training, and setting and raising standards in psychiatry.

Our International members are represented by six International Divisions; African, European, Middle Eastern, Pan-American, South Asian and Western Pacific.

Any opinions expressed by individuals in this newsletter do not necessarily represent the views of the Royal College of Psychiatrists