



RCPsych International

The International eNewsletter

Welcome



Professor Mohammed Al-Uzri RCPsych, Presidential

Dear Colleagues;

It was nice getting to see so many of you at the International Congress in Edinburgh. I thoroughly enjoyed discussing our [new International Strategy](#) at the International breakfast and brainstorming ideas at the International Division' meetings. Two of my most notable highlights from Congress included; the attendance of two trainees from Bethlem Psychiatric Hospital, who are members of the trainee cohort we've been working with for the past four years, and were also this year's RCPsych Middle Eastern Division poster prize bursary winners. Additionally, we welcomed a delegation from the Faculty of Psychiatry at the Ghana College of Physicians and Surgeons, with whom we are working on a 12-month project in psychiatric subspecialty education. You can read the update about their visit later in the newsletter.

I've also had the pleasure of seeing many of your at events across Europe and North America. In April, we were pleased to join the European Psychiatric Association in Budapest, Hungary for the annual Congress. During this event, RCPsych President, Lade Smith and I had the opportunity to present our achievements. The College was also well represented at the American Psychiatric Association's annual meeting in May, in New York City, where Dr Kaufman hosted an excellent members reception.

Please scroll down for the international divisions Chair's updates highlighting the many exciting activities undertaken globally in recent months. They have been active, facilitating activities and events that served as opportunities to engage in fruitful discussions, such as presentations, Deans Grand Rounds and members' receptions. All enhancing our positions as a truly global College.

In light of the recent global events, the College's thoughts go out to our colleagues affected by the on-going unrest in Kenya. We hope that the situation is soon stabilised, and, in the meantime, we will continue to support our members every where through our freely accessible [emergency resources and patient leaflets](#). As ever, our thoughts are with those affected by the on-going war in Ukraine. Following a recent multi-stakeholder meeting, held on Tuesday 9 July at the RCPsych in London; we are in discussion with the First Lady of Ukraine's team, exploring how we can continue supporting the mental health workforce needs.

Kind regards,
Professor Mohammed Al-Uzri
Presidential Lead for Global Mental Health

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Accessing Expertise: BJPsych Journals App

Don't forget that the [BJPsych Journals App](#) is the ideal way to make sure you always have access to all the RCPsych's high-quality peer reviewed journals– the British Journal of Psychiatry, BJPsych Open, BJPsych Bulletin, BJPsych Advances and BJPsych International– even when you are on the move.

With its integrated, easy-to-navigate format, the App offers a great reading experience and lots of useful functionality; search for the articles of most interest to you and save them for later, share content with friends and colleagues, and download issues to read offline at your convenience. The App also offers a handy way to access all the journal blogs, podcasts and videos, giving you lots of extra expert insights and stories behind the papers.

Last month, we added access to 'FirstView' content published in advance of issues, meaning you don't need to wait for the next print issue to read the very latest research and commentary.

The App is available for free to all members of the RCPsych as an executive benefit. Visit [GooglePlay](#) or the [AppleStore](#) to download, and log in using your usual RCPsych username and password. Find out more and take a 60-second tour [here](#)



RCPsych Insight magazine



The latest issue of Insight magazine is now available on the [College website](#). This issue features many excellent articles exploring the following topics, and many more;

- Why the College is joining forces with Bipolar UK to push for a new healthcare strategy for bipolar disorder care.
- A look at emerging disease-modifying treatments for Alzheimer's disease
- How a charitable trust in Kerala, India is working to provide community-based care
- The new chairs of RCPsych in Northern Ireland, Scotland and Wales discuss the work that lies ahead.



International Divisions Update

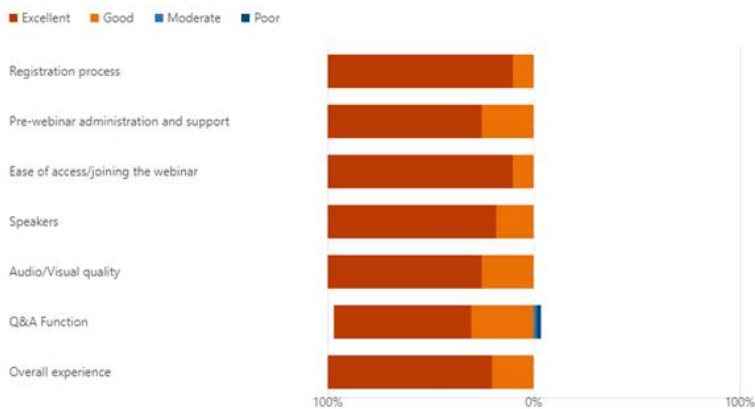
Updates from RCPsych International Divisions

Western Pacific Division

Prof Steve Kisely, Chair

The Western Pacific Division is pleased to have hosted a webinar as part of the Dean's Grand Rounds in conjunction with the ID Faculty. Held in February, the webinar focused on improving outcomes for people with intellectual disability and challenging behaviour. Proving popular, the webinar was attended by 313 people on the day and 744 delegates registering. Feedback was overwhelmingly positive.

Following this success, the division is planning a similar session on Peri-natal Psychiatry. Watch this space!



As in previous years, the division has held a Western Pacific Division reception at the annual Congress of the Royal Australian and New Zealand College of Psychiatrists in May 2024. This gave members an opportunity to air concerns and network. A current focus of discussion are plans to streamline the recognition of specialist training in Australia for members of the Royal College of Psychiatrists in the UK, with relevant CCST/CCT.

Steve Kisely, Western Pacific Chair

South Asian Division

Dr Manoj Kumar, Chair

The recent RCPsych International congress provided multiple opportunities for meaningful discussions for the South Asian division. During this event, the division had the opportunity to convene with other international divisions to explore and exchange ideas.

Earlier this year, the Annual National Congress of the Indian Psychiatric Society at Kochi, Kerala allowed the College President, Dr Lade Smith and the Presidential Lead for Global Mental Health, Professor Mohammed Al-Uzri to interact with delegates from South Asia. On a special visit, both Dr Lade Smith and Prof Mohammed Al-Uzri were able to visit the [Mental Health Action Trust](#), a charitable Trust providing free mental health care to the economically disadvantaged.

At the RCPsych Congress, they shared impressions of the visit and expressed support for this initiative. Notably, for the South Asian Division, International Congress provided two opportunities. First, the International Strategy breakfast meeting and the South Asian Meeting, during which we were able to discuss matters pertaining to the division. We were also pleased to welcome representation from two countries- Myanmar and Maldives. The representatives attendance gave us an opportunity to learn more about their country experiences and for us to continue our support.

An important development with potential implications for the South Asian Division is the newly launched RCPsych [International diploma in Older Adults' Mental Health and Dementia](#). We were pleased to learn that the first cohort, with significant representation from the South Asia. The MRCPsych examinations continue to remain popular amongst doctors from the division and the opening of a new CASC centre in the middle east will make it more accessible for doctors from Asia.



International Divisions Update

Updates from RCPsych International Divisions

Middle Eastern Division

This year, we were pleased to present the Middle Eastern Division poster prize bursary to Dr Nizar and Dr Waala to attend the RCPsych in Edinburgh. The RCPsych leadership extended a warm welcome to them at the event. The trainees engaged in a variety of sessions, attended the international breakfast, and participated in the Middle Eastern Division Meeting.

In addition, the International Team is working with Bethlehem Psychiatric Hospital to design a new syllabus for supervision sessions, which will incorporate training on emergency response.

Pan-American Division

Dr Ken Kaufman, Chair of the RCPsych Pan American Division hosted a members reception at this year's annual American Psychiatric Association meeting in New York City. Attendees had the opportunity to meet key personnel such as a President Lade Smith, Dr Trudi Seneviratne (Registrar) Ms. Sonia Walter (CEO), and Professor Mohammed Al-Uzri (Presidential Lead for Global Mental Health). This event provided a wonderful opportunity for members to meet in person and interact with colleagues and exchange ideas.

Looking ahead, the College is excited to collaborate with Colleagues from the Canadian Psychiatric Association (CPA) and gain their expert insights as we begin our work on Assisted Dying.

European Division

RCPsych President, Lade Smith and Professor Mohammed Al-Uzri represented the College at the European Psychiatric Association's annual congress in Budapest, Hungary. This congress provided a great opportunity to engage with EPA leadership and pinpoint shared objectives. They also attended a joint presentation by the UEMS Section of Psychiatry and the EPA, where they explored training differences across Europe and the European Board Exam project. They are looking forward to attending the 2025 congress in Madrid, Spain.

African Division

The College was delighted to host a delegation of three esteemed professionals from the Ghana College of Physicians and Surgeons (GCPS) as part of the Ghana Health Workforce Project at this year's RCPsych International Congress. The delegation included Dr Sammy Ohene, Head of the Psychiatry department at GCPS, Dr Pinaman Appau, CEO of the Ghana Mental Health Authority and Head of Exams at GCPS, and Dr Eugene Dordoye, Addictions Specialist at GCPS. While at the conference, they attended various sessions, including the International Breakfast meeting, actively participated in the African Division meeting. They were also welcomed for a day visit at NHS Fife, checking out the Forensic and Addictions Services here.





Featured International Projects

The European Psychiatry Association

The 2024 Annual Congress of the European Psychiatric Association (EPA) was held in Budapest, Hungary from April 6-9 2023. As a member of the EPA, the RCPsych was represented at the Council of National Psychiatric Associations by President Lade Smith and Professor Mohammed Al-Uzri.

At this meeting, each member organisation had the opportunity to report on their achievements and challenges. President Smith presented on behalf of the College, although her presentation was briefly interrupted by antipsychiatry protest. This incident led to the formation of an Antipsychiatry Task Force aimed at establishing dialogue with groups that isolate themselves and advocate against psychiatric care. Professor Al-Uzri contributed to a session titled *Community Mental Health Services in Europe: The State of the Art*. The delegation also met with the EPA leadership and participated in the general assemblies' meeting.



Overall, the Congress provided a valuable opportunity to maintain strong relationships with European counterparts and collaborate on issues shared within the specialty, such as balancing focus on psychiatry and wellbeing, as well as harmonising standards of care across countries.

The American Psychiatric Association



The Annual Meeting of the American Psychiatric Association (APA) was held from May 4-8 2024 in New York City. The RCPsych was well represented by a delegation that included; President Lade Smith, Registrar Trudi Seneviratne, CEO Sonia Walter and Presidential Lead for Global Mental Health, Mohammed Al-Uzri.

President Smith led a session titled, *A Needed Opportunity: Translating the UK's Groundbreaking Work on Public Health Psychiatry From English to American*. She also joined Dr Seneviratne and Ms. Walter for a session on Early Years: How to Ensure Children Don't Become the Adult Psychiatric Patients of the Future. Professor Al-Uzri spoke at a session titled *Psychiatric Education and Training Across the Atlantic*.

The delegation conducted several strategic meetings with sister organisations, including the Canadian Psychiatric Association (CPA), the American Psychiatric Association (APA), and the European Psychiatric Association (EPA). Alongside, RCPsych Pan-American Division Chair, Dr Ken Kaufman, the team hosted a Members Reception for local members and attended a farewell reception for longtime APA CEO Dr Saul Levin, as well as had the chance to meet with Dr Marketa Wills, the new chief executive.



Featured International Projects

The Ghana Global Health Workforce Programme

As part of the on-going collaboration between the Royal College of Psychiatrists and the Faculty of Psychiatry at the Ghana College of Physicians and Surgeons, delegates from Ghana arrived to Edinburgh Scotland to attend the RCPsych International Congress 2024. During this time, the delegation of trainers had the opportunity to attend conference sessions, our international breakfast meeting and networking opportunities.

Sharing their anecdotal feedback, the trainers said that, "The conference sessions very stimulating and there was widespread opportunity for networking with Colleagues with varying interests across psychiatry and the College".

On 21 June, the delegation took a day trip to Fife where they visited a Substance abuse treatment and rehabilitation facility as well as a Forensic Psychiatry unit. Specifically requested, these trips were extremely illuminating, sharing ideas that can be implemented in Ghana to improve mental health care.

Overall assessment of the visit was extremely positive and the delegates have noted that they look forward to strengthening the ties between the Royal College of Psychiatrists and Ghanaian Psychiatry in the area of residency training and subsequently improved mental health service delivery.



RCPsych and Ukraine

On 9 July, a meeting was held at the RCPsych in London between health experts from Ukraine, including the Health Minister of Ukraine and the Head of the Coordination Centre for Mental Health, as well as attendees from the NHSE, DHSC and the College. During the meeting, we discussed mental health systems and funding, and shared experiences, with a particular focus on the mental health impact of conflict on children and what should be put in place to address the mental health needs of young people in Ukraine.

NHS England's National Clinical Director for Children and Young People's Mental Health, Professor Prathiba Chitsabesan shared a presentation exploring mental health funding and commissioning structures. RCPsych President Dr Lade Smith CBE also discussed at length, about psychiatric workforce training and mental health professionals, as well as community mental health services and what the transformation programme looked like. President Smith also pointed to the relevant [list of resources](#) the College has produced for international disasters, including; patient resources, guidance and [eLearning modules on the mental health response for complex humanitarian emergencies](#). The delegation from Ukraine described their mental healthcare system, shared their experiences, and asked questions.

The College agreed to continue supporting the Ukraine in their development of a training programme to improve specialist mental health provision, driven by local need; understanding of Integrated Care Boards and commissioning frameworks; and framing of their messaging and policy arguments to ensure they can get the funding they need to put in place long term, sustainable mental health infrastructure.

The College will provide the Ukrainian delegation various documents that may be of use, including policy documents and patient information resources that have been translated to Ukrainian, as well as information about the College's training and exams.





Events

You may be interested in the following upcoming events:

Free Members' Webinar: Deans Grand Round- Integrating Perinatal and Infant mental health services in resource constrained setting

Date: 22 August 2024

Where: Online

Description:

This webinar focuses on how to address the challenges of providing integrated perinatal and infant mental health services in resource-constrained settings by highlighting clinical, educational, and research opportunities in South Africa.

Physical Health Update 2024

Date: 10-11 October

Where: Online

Description:

Designed especially for psychiatrists, this annual Physical Health Update event will provide practical information about physical health topics relevant to people with mental health conditions. A selection of expert speakers in the field will deliver talks virtually (via an online platform called EventsAir). Organisers of this event are Drs Irene Cormac, Alexandra Bond and Richard Breeze.

Find out more ►

Find out more ►

Keep in contact



Submissions for Autumn 2024, issue 14

Please contact Patricia Akullo at patricia.akullo@rcpsych.ac.uk with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the Autumn edition is in **Tuesday 01 October**.

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