

WORKSHOP 2: MAKING GLOBAL MENTAL HEALTH TRULY GLOBAL: AN INTERACTIVE DISCUSSION

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Background: Despite global mental health's ambitions of diversity and equity, and its undeniable successes in the last decade, its education, research, services, and focus are still largely dominated by the 'global north' (1). This limits the possibility for professionals in low resource settings to build local capacity for education, research, and healthcare services, and risks lacking diversity and transcultural perspectives.

Objectives: We aim at opening a space for constructive discussion about global equity in the areas of education, research, and healthcare services in global mental health. Participants will learn from the experience of experts and peers, and be able to bring their own ideas on potential solutions to the presented challenges.

Methods: This session will consist of focused and general discussion on how to achieve equity in these domains of global mental health. Four short presentations by international early-career psychiatrists (connected by the Early Career Psychiatrists' Section of the World Psychiatric Association and members of the 'Global Mental Health Research Think Tank') on the topics of

education and research in global mental health, brain drain in psychiatry, and care for vulnerable populations, will be followed by facilitated breakout room discussions with the audience about each of these issues. Finally, a general discussion with the audience will be encouraged with the aim of identifying potential solutions to the presented challenges.

Potential outcomes: The discussions during this workshop will foster personal reflections, and open the opportunity for further collaboration among interested participants. We are inspired by a published experience at a previous SSPC conference in which values on global mental health education were discussed (2).

Implications: This workshop will constitute an interactive opportunity for early-career and senior psychiatrists and allied mental health professionals and researchers to reflect on the current challenges of global equity in global mental health and discuss innovative solutions.

Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Acknowledge current challenges to global mental health equity in the areas of education, research, healthcare services, and attention to vulnerable populations.
2. Have participated in constructive discussions to brainstorm potential solutions to these challenges.

References

1. Hailemariam M, Pathare S. The missing global in global mental health. *Lancet Psychiatry*. 2020 Dec 1;7(12):1011–2.
2. Kohrt BA, Marienfeld CB, Panter-Brick C, Tsai AC, Wainberg ML. Global Mental Health: Five Areas for Value-Driven Training Innovation. *Acad Psychiatry J Am Assoc Dir Psychiatr Resid Train Assoc Acad Psychiatry*. 2016 Aug;40(4):650–8.