

Mental health in mind!

March 22nd 2019, 9:00 to 14, 30 h

Local Conference and International Workshop

Information for workshops participants

You will be very welcome at Barcelona!

Thank you for joining our "Cities with mental health in mind" International workshop

This half day workshop aims at explore the concerns of city policy makers and Mental Health experts around this issue.

We want to bring some of most committed urban policy makers and experts on mental health together to discuss requirements, opportunities and challenges in making mental health a top priority in local urban agenda.

We'll share experiences about the new tools, skills and structures that cities need to succeed: Strengthening local capabilities!

We want also to explore the feasibility and next steps for creating an ongoing conversation in Europe about the role of cities in this field. We would like to find ways to lead this change, and to share knowledge between us.

Agenda

	Welcome and Keynote address		
	<ul style="list-style-type: none"> Welcome and Opening Remarks 		
	<ul style="list-style-type: none"> Barcelona, we have mental health in mind! Keynote Address: Barcelona Mental Health Board 		
			
	Local meeting: Going forward!		International workshop:
	Knowledge-sharing panels		
	Panel Session 1: <ul style="list-style-type: none"> Promoting links, making the most of the strength of groups 	Panel Session 1: <ul style="list-style-type: none"> Including supports in community services and everyday settings 	Cities with Mental Health in mind
	Panel Session 2: <ul style="list-style-type: none"> Working against discrimination and stigma for a culture of inclusion and empowerment, 	Panel Session 2: <ul style="list-style-type: none"> Children and young people First: Learnings and supports 	
			
12:45	Cities with mental Health in mind: A shared challenge, new alliances		
	<ul style="list-style-type: none"> Mental health is the new priority of urban agendas. <i>Gary Belkin / new York...</i> 		
	<ul style="list-style-type: none"> Conclusions and Call to action Workshop participants: Cities, International Mental Health Organisations and City Networks) 		
	<ul style="list-style-type: none"> Closing remarks 		

Workshop Contents

1. **Good mental health and emotional wellness are key for cities development!**

We will share data and knowledge about the impact of mental health in our cities.

2. **Strengthening local capabilities: What new tools, skills, and structures do city need to succeed? What are the major drivers and obstacles for change?**

We will share learnings and experiences about:

A. **Collaborative planning as a key tool: A common roadmap**

B. **Networks and partnerships: Building invisible infrastructures and improving Mental Health through Collaboration**

Communities need to be recognized and supported as sources of mental health resources through things like building social ties, and improving opportunities, and strengthening the built environment- Community organizations and networks are necessary partners for closing treatment gaps and supporting prevention strategies.

C. **Changing the culture!**

Stigma and limited knowledge about mental illness are great obstacles to individuals seeking care. We would like to know some ways cities can break the stigma around mental illness and empower everyone to support

D. **Using Data and knowledge Better**

All of our public health victories rely on data that gives us the precision we need to understand, map, target, and achieve clear aims. Using data to better understand mental health challenges and solutions should be no different. Cities can identify and evaluate innovative mental health interventions, and share lessons learned.

We would like also open a dialogue about the major drivers and obstacles for change

3. Next Steps:

Learnings from the experience:

- How to achieve the recognition of the role that cities play and must play in mental health policies?
- How we can find ways keep this movement going?

Who is going to attend?

Some of the most committed urban policy makers and experts on mental health in Europe from

Cities:

<ul style="list-style-type: none">• Barcelona
<ul style="list-style-type: none">• L'Hospitalet
<ul style="list-style-type: none">• London
<ul style="list-style-type: none">• Lille
<ul style="list-style-type: none">• Mòdena
<ul style="list-style-type: none">• New York
<ul style="list-style-type: none">• Prague
<ul style="list-style-type: none">• Prat de Llobregat
<ul style="list-style-type: none">• Trieste

Health and Mental Health Internat. Organisations and Experts

<ul style="list-style-type: none">• World Health Organisation (WHO Europe)
<ul style="list-style-type: none">• Permanent Conference in Mental Health
<ul style="list-style-type: none">• Mental Health Europe

Cities Networks

<ul style="list-style-type: none">• Healthy Cities Network (WHO)
<ul style="list-style-type: none">• MedCities
<ul style="list-style-type: none">• Metropolis

Practicalities

- *The languages of the activity are Spanish and English.*
- *VENUE*
- *CONTACT*
- *NEXT STEPS*