

BULLETIN

OCTOBER 2008

TSUYOSHI AKIYAMA, EDITOR

ALLAN TASMAN, PRESIDENT

PRESIDENT'S REPORT



In the northern hemisphere, the fall season is just beginning, with a chill in the air and the leaves beginning to turn. Of course this fall

marks the time of our congress in Tokyo Oct 30-Nov 2. I hope to see you all in Tokyo, and want to remind you that there is still time to arrange to attend if you have not already done this (www.prcp2008.org). I have just seen the final program, and I can assure you, that is of outstanding quality, with a diversity of speakers and topics that every attendee will find of great interest. Special thanks are due to all those who having so hard to ensure the success of the congress.

The congress will mark the conclusion of my term as PRCP President, and I would like to take this opportunity to thank all of you, especially our officers and board, for your ongoing support of the important goals of our organization. Particular thanks go to our Secretary General, Chee Ng in Melbourne, and our dedicated staff.

We have had a very successful last two years, with several important advances in our organization. We have expanded our membership focus to include those who are at the early stages of their careers, and view this as an important way to provide mentorship from our more experienced members. We plan to discuss in Tokyo ways in which we can further expand on this aspect of our mission.

The transition of our headquarters to Tokyo from Melbourne has now been completed. We look forward to the future in our news offices, located in the home institution of our outstanding bulletin editor, Tsuyoshi Akiyama. We all owe him a great deal of thanks for his hard work in carrying out this process. We also thank him for his outstanding work as we made the transition from the PRCP "newsletter" to the "bulletin". Our hope has been to make the Bulletin a more useful and meaningful document, and the success of this change under his editorship has exceeded all our expectations.

We have also, with the recent signing

of an agreement with Wiley-Blackwell publishers, fulfilled a dream of establishing an academic journal sponsored by PRCP. Helping us to reach this goal has been one of the most satisfying accomplishments in my work for the PRCP. We plan for the first issue to be published in summer, 2009. We will have an official launch ceremony during the Tokyo congress to celebrate this momentous occasion.

Thank you again for entrusting me with the leadership of our organization. It has been not only a great honor but also a great pleasure to serve as president for the past two years. I have met many colleagues, and traveled to many places in my PRCP work which have educated and enlightened me, and for this I will be forever grateful. I look forward to many more fruitful years of collaboration with you.

I look forward to seeing you in Tokyo,

Allan Tasman MD
PRCP President 2006-2008

The 13th PRCP Scientific Meeting
Tokyo, Japan
30 Oct - 2 Nov 2008
<http://prcp2008.org/>

SECRETARY-GENERAL'S REPORT



Welcome to another edition of the Bulletin. Since the beginning of the transfer of the secretariat from Melbourne to Tokyo, Prof Tsuyoshi Akiyama

and I have been worked actively to oversee the smooth transition of the secretariat functions to the new site at Kanto Medical Center, Department of Psychiatry in Tokyo, Japan. We would like to welcome the new secretariat office administrator, Mrs Mari Sato to her new role. Special thanks also to Ms Fiona Kelly who has continued her supporting role to ensure all remaining tasks are completed and all loose ends are tied up. The PRCP Board is very grateful for her contribution. We remain

confident that the new secretariat will be fully operational by the time of the PRCP Scientific Meeting in Tokyo.

Recently the 43rd Royal Australian and New Zealand (RANZCP) Annual Congress was held in Melbourne. I am pleased to report that the conference was quite successful with about 900 delegates and a quality scientific program. Themed around the issue of "Community and Politics" the diverse range of plenary speakers and other sectional presenters brought perspectives on psychiatry in contemporary society from the political, consumer, legal, economic and administrative perspectives. As many PRCP members are Fellows of the RANZCP, we hope that the RANZCP will continue to have close links with the PRCP into the future.

In response to the Sichuan earthquake disaster, I was involved with Prof Xiao Zeping, the National Centre for Mental Health of China and Asia-Australia Mental Health to conduct a national psychosocial training program for about 280 professional and volunteer leaders in disaster mental health response and psychological crisis intervention. Outcome evaluation of the training indicated high level of uptake and usefulness for the participants which will hopefully help to build national and local capacity respond to current and future disasters. A link to the full report will be posted soon on the PRCP website. We would continue to keep the PRCP updated with further progress.

Assoc Professor Chee Ng
Secretary General

GREETINGS FROM THE EDITOR



The sky in Prague was transparently blue. At the general assembly, which took place during the World Congress of Psychiatry in Prague, I could be elected as Secretary of Finances the World Psychiatric Association. This is all thanks to the great supports from my friends and colleagues in the Pacific Rim, and I express my deep appreciation. This will be a wonderful opportunity for me to convey what has been accomplished in the Pacific Rim region, to the colleagues in the world. I also will have a pleasure to work with Prof Allan Tasman, current president of the PRCP, who serves as Secretary of Education for the WPA. Though Prof Tasman is terminating his tenure with the PRCP, I can enjoy

collaborating with him in the WPA Executive committee. As you read in the report by the president and the secretary general, the PRCP secretariat has moved from Melbourne to Tokyo. The transition has been done quite smoothly. I owe this to capable and supportive leadership by Prof Tasman and Prof Noda and kind support by Prof Chee Ng and Ms. Fiona Kelly. As you know, Prof Ng and Ms. Kelly ran the secretariat very successfully in Melbourne and we express our heartfelt gratitude. Also I express my special thanks to Ms. Mari Sato, new and dedicated office administrator. Without her I can not cope with the demands for this office.

Considering the high quality practices and researches of the psychiatry in the Pacific Rim region, I am convinced that there are tremendous opportunities for development for the PRCP as an academic association. I would like to assist the exchanges of information, ideas and collegiality among the members from this office. The sky in Tokyo is transparently blue. The meeting in Tokyo is really around the corner. As you see in the program, there are many stimulating lectures and symposium. Thanks to the devoted and tireless effort by Prof Allan Tasman, we can celebrate the memorable launch of the Journal of the Pacific Rim College of Psychiatrists during this meeting. Isn't this wonderful!! I hope you will enjoy a truly meaningful time, both for academic discussion and for tourist interests, at this meeting. I look forward to seeing you all in Akasaka, Tokyo.

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Dr Tsuyoshi Akiyama
Editor

INNOVATIVE PROGRAMS IN THE REGION

FOUNTAIN HOUSE, LAHORE-PAKISTAN

Model for the Developed Countries

Fountain House (The Rehab Center) situated at 37 Lower Mall Lahore Pakistan is a project of Lahore Mental Health Association, established in December 1970 by Late Professor Emeritus Muhammad Rashid Chaudhry. The Association is registered with Directorate of Social Welfare Department, Government of the Punjab, Pakistan.

Fountain House is a rehab centre for the chronic psychiatric patients and over 3000 patients have received rehabilitation services so far. It also provides acute treatment for mentally ill. In 1981, Professor Muhammad Rashid Chaudhry introduced the concept of "House Members" for the patients of Fountain House and since then they are called as "Members". The ideology of the Fountain House is to restore the patient's life in accordance with their aptitude, capacity and capability. Its basic objective is to rehabilitate the psychiatric patients and involve them in different activities that can contribute to full recovery. It also promotes excellence in mental health

services through training, technical assistance, research and policy development.

Fountain house is the project mainly run by the community. Fountain house sections are providing state of the art rehab facility to the chronic psychiatric patients having following diagnosis: Schizophrenia, Bipolar disorders, Drug induced Psychosis and puerperal psychosis. Fountain house has variety of the following rehab and educational facilities:

- N.N. Wig occupation therapy section
- Zebulon Taintor rehab section
- Art and Drama therapy unit
- Centre for mental health and spiritual studies
- Hamid Ghodse psychobiological treatment section
- Norman Sartorius psychiatric training section
- Pedro Ruiz research & development section
- Ahmed Okasha Academic Section

Fountain house is also organizing community awareness programmes in collaboration with the NGOs i.e. FLAME (First liberated action movement against epilepsy), FIND (Families in distress), PEACE (A project for environmental protection anti narcotics and community education program) and HORIZON (NGO working for Drug Addicts and their families). Reaching the unreached programme has been successfully run by Fountain house treatment team. Free weekly psychiatric/epilepsy clinic is completing its 23 years in November 2008. This facility is entering into Guinness record due to its non stop long standing services.

Fountain House is the only rehab facility which is non smoking and the addition of therapeutic community model at Farooqabad farm house, Sheikhpura adds to its comprehensive rehab programmes.

Prof Haroon Rashid Chaudhry

THE TIDAL MODEL

The **Tidal Model** is an internationally accepted theory for the practice of mental health recovery. Since its launch in the mid 1990's the **Tidal Model** has generated over 100 official projects in the UK, Ireland, Canada, Japan, Australia and New Zealand. These projects range across the complete mental health care spectrum: from home-based care and outpatient addictions, through acute, rehabilitation and forensic units, to the care of older people with early

stage dementia.

Tidal is a *philosophical* approach in the sense that it is a way of *thinking* about what people might *need* in the way of help. **Tidal** asks: What might *need to be done* to help people reclaim the story, and eventually recover control over their lives?

As its meaning varies from one person to another, **Tidal** emphasises the *discovery* of mental health. We

hope that people will discover what mental health means for them – as *unique persons*.

Although its *origins* are much older, the **Tidal Model** was developed, in the mid-1990's, from research into people's perceptions of their *need* for psychiatric nursing and studies of the power relationship between nurses and the people in their care. Originally developed as model of mental health *nursing*, the **Tidal**

Model now finds support within psychiatric medicine, occupational therapy and psychotherapy. This model facilitates collaboration between people who suffer from mental illness and the professional who provide care, thus

empowers the psychiatric / primary care nurses and the consumers. This model facilitates productive regions and anti-stigma movements everywhere.

can help PRCP to solve the problem of shortage of professionals in some regions and anti-stigma movements everywhere.

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Prof Phil Barker

INTERNATIONAL ASSOCIATION REPORT

MALASIAN PSYCHIATRIC ASSOCIATION

Report of Activities of the Malaysian Psychiatric Association for the year 2006 – 2008

1. Conferences

(i) **The 4th Collegium Internationale Neuro-Psychopharmacologicum (CINP) Pacific-Asia Regional Meeting**
MPA co-organised this prestigious scientific meeting with the Collegium Internationale Neuro-Psychopharmacologicum from 2nd to 5th March 2008 at Kuala Lumpur Convention Center.

(ii) **First National Conference on Children and Adolescent Psychiatry & 13th Malaysian Conference on Psychological Medicine**
This conference was held from 7th to 9th June, 2007 at the Grand Plaza Parkroyal, Kuala Lumpur. There were 6 workshops with a total of 159 participants. As for the conference, there were 320 registered participants. Speakers included both local and foreign eminent mental health workers

2. Continuing Medical Education Activities

(i) **Evidence-Based Mood and Anxiety Disorder Workshops**
Training workshops were conducted throughout 2006-2008.

(ii) **Dinner talks**
Several dinner talks were held between September 2006 to 2008, and attended by invited members of the association.

(iii) **Workshop on Drug Addiction Problem**
This workshop was held at Le Meridien on 30th June 2007 to upscale the existing drug substitution therapy in Malaysia.

(iv) **REACH program**
Reaching Early Bipolar Affective Disorders and Community and Home project. Several meetings were held. It is supported by Astra Zeneca.

(v) MPA & AstraZeneca Neuroscience Symposium

This symposium was held at JW Marriott Hotel, Putrajaya from 3rd to 5th August 2007.

3. Malaysian Journal of Psychiatry

To date the Association has published a total of 3 issues; September 2006, March 2007 and September 2007. Professor Azhar is the Chief Editor for the journal.

4. The Malaysian Consensus Statement for the Management of Bipolar Disorders

The Malaysian Consensus Statement for the Management of Bipolar Disorders was launched on 4th August 2007 by Prof. Maniam, the Chief Editor cum Director of Bipolar Chapter (a.k.a.REACH) of MPA. This first consensus on bipolar disorder was a collaborative effort between the REACH Advisory Committee and the Young Psychiatrists Section.

5. MPA Website

The website, managed by Mobition, had undergone several developments in keeping with the need of fast and effective communication in the today's borderless world:

(i) Content status

There are additional e-Journal and e-Bulletin in the members section. The invitations section is actively being uploaded with invitations to participate in meetings, submission of applications and so forth.

(ii) Website maintenance

Mobition has been regularly sourcing articles and upon approval by committee, the articles will be uploaded within same day. Members would have received Email News Alerts and Content Reminders to send in articles. The web cum e-committee was set up to further develop the website.

(iii) Statistics

Public section:

As of February 2008, there were 2833 visitors with an average of 300 visitors per month, viewing an average of 5.3 pages per person. The traffic had increased more than 100% from January 2007 to January 2008.

The Q&A section has been active and responded to by the committee.

6. Circle of Care

(i) Application Guidelines for Circle of Care Funding

The guidelines were finalised and distributed. The projects proposed should cover any of the three areas namely family education, patient rehabilitation, and public education.

(ii) Projects funded by Circle of Care

Various projects received funding from the Association. Committee had received overwhelming proposals in response to the invitation to members. Some states were noticeably active.

(iii) Circle of Care Project Presentation Gathering

This first such gathering was held on 7 April 2007 at PJ Hilton Hotel. Projects funded in 2006 were presented. Family Support Group from Sarawak won RM 5,000.00 for the first prize; Flower Nursery Project in Kelantan was the runner-up with RM 3,000.00 and Family Support Group from Penang was in third place, awarded RM 2,000.00. All the project reports would be compiled into a book.

7. Section on Young Psychiatrists (SYP)

The official election of the committee took place at the Plaza Parkroyal Penang on 23/3/2007. There had been 3 committee meetings held since then. SYP has embarked on several projects:

(i) Young Psychiatrist Literary Award

SYP members had to submit their original written work in to participate in this contest. This Award was conducted with the help of Astra Zeneca.

(ii) Bipolar Research Project

SYP managed to obtain grant from Astra Zeneca for the project. One representative was elected to help with the research from all the teaching institutions, psychiatric institutions and general hospitals.

(iii) Logo Contest

SYP also launched a competition to design the logo for SYP. The closing date is in June 2008.

Besides the abovementioned projects, SYP also plans to embark on other projects which are currently ongoing:

(A) Newsletter - SYP plans to have its own newsletter

(B) Handbook Consensus on Mental Disorders

8. Malaysian Chapter on Child and Adolescent Psychiatry

This chapter was established and had organised the First National Conference on Child and Adolescent Psychiatry in conjunction with the 13th MCPM held from 7th to 9th August 2007.

9. Chapter on Socio-economic Cost of Schizophrenia Treatment (SeCOST)

This committee of this chapter had several meetings. Several talks were organized. The committee recently produced a Consensus Recommendations for Using Abilify (Aripiprazole) in Schizophrenia and Bipolar I Disorder in Malaysia.

10. De Pain Committee

This committee had several meetings and specially looking into the area of Pain in Depression. The committee had issued 'The Experts' Opinion on Depression and Pain.

11. Fellowship Travel Award for Young Psychiatrists

The young psychiatrists have shown great response to the invitations by the other member societies affiliated with WPA. One psychiatrist was awarded the Fellowship to

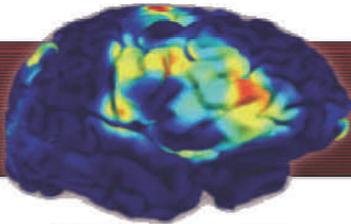
participate in the WPA International Congress in Melbourne, Australia. Recently, committee had proposed to the Secretariat a few names for the Japanese Society of Psychiatry and Neurology 104th Meeting in Tokyo and The 13th Meeting Pacific Rim

College of Psychiatrists Fellowship Program.

Prepared by

Dr. Siti Nor Aizah Ahmad

EVENTS



TOP Conference

Teachers of Psychiatry

Singapore
Venue : NUS
Date : Feb 23 - 24, 2009

PRCP MEMBERSHIP

Visit www.prcp.org/members.html for PRCP membership details