



**4<sup>th</sup> INTERNATIONAL  
MASTER IN MENTAL HEALTH  
POLICY AND SERVICES  
2013 - 2015 Lisbon · Portugal**

**NOVA University of Lisbon**  
Faculty of Medical Sciences · Department of Mental Health  
[www.fcm.unl.pt](http://www.fcm.unl.pt)





## NOVA UNIVERSITY OF LISBON FACULTY OF MEDICAL SCIENCES

NOVA University of Lisbon is a public university with internationally recognized research and teaching in a large range of areas (Economics and Management, Law, Medicine, Public Health, Tropical Medicine, Sciences and Technology, Social Sciences and Humanities, Statistics and Information Management, Technological Biology and Chemistry).

The university has over 18.000 students, more than 4.000 of whom in Masters and PhD Programs.

**The Faculty of Medical Sciences**, NOVA's Medical School, has a strong commitment to research, standing among the top centers in the country in areas related to chronic diseases and mental health.

**The Department of Mental Health** conducted most of the key studies on psychiatric epidemiology and mental health services research in the country (e.g. the national mental health survey and several European studies on the effectiveness of policy and services).

The Department also had a key role in the implementation of the national mental health policy, plan and legislation, and has extensively collaborated with WHO, European Union and other international organizations in global mental health initiatives. Members of the Department are currently leading the Gulbenkian Global Mental Health Platform and the European Joint Action for Mental Health and Wellbeing.

The NOVA University of Lisbon, through the Faculty of Medical Sciences (NOVA's Medical School) offers the 4<sup>th</sup> International Master in Mental Health Policy and Services (MHPS).

**The Master receives technical contribution from:**

- World Health Organization (Department of Mental Health and Substance Abuse)
- The International Diploma in Mental Health Law and Human Rights, Pune, India

## SCOPE AND OBJECTIVES

The International Master in Mental Health Policy and Services is addressed to health professionals willing to develop public health skills in the area of mental health.

**The Master aims to provide general training in areas related to:**

- Formulation, implementation and evaluation of mental health policies, plans and programmes.
- Organization and evaluation of mental health care and related services.
- Formulation and implementation of Mental Health Service research.
- Mental Health Law and Human Rights.

## SOME FACTS

- More than 300 million people suffer from mental disorders.
- Mental disorders are much more common among the poor and they, in turn, increase poverty.
- Refugees or displaced persons suffer from a broad range of mental disorders.
- Rates of mental disorder tend to double after emergencies.
- People exposed to major economic transitions are at risk for demoralization, alcohol, substance use and suicide.
- Around 20% of the world's children and adolescents are estimated to have mental disorders or problems, with similar types of disorders being reported across cultures.
- Depression is ranked as the leading cause of disability worldwide.
- About 800 000 people commit suicide every year.
- Mental disorders are among the risk factors for communicable and non-communicable diseases, and endanger their course and outcome.
- Mental and behavioural factors and disorders are important for adherence to treatment of HIV/AIDS, tuberculosis, malaria and other diseases.

## MORAL ISSUE

- Stigma about mental disorders and discrimination against affected persons and their families prevent people from seeking mental health care.
- Human rights violations of psychiatric patients are routinely reported in most countries.
- Few countries have a legal framework that adequately protects the rights of people with mental disorders.

## DRAMATIC GAP

- In spite of the availability of cost-effective treatment for most of those disorders a huge gap still exists between implementation and needs worldwide.
- WHO - Atlas figures show that the majority of low and middle income countries have less than one psychiatrist and one psychiatric nurse per 100 000 population.
- The majority of low and lower middle countries allocates less than 1% of their health budget to mental health.
- The treatment gap is shocking and in some countries may reach 85% untreated cases.

## NO HEALTH WITHOUT MENTAL HEALTH

- Different criteria can be used to decide what health problem is, or should be, regarded as a public health priority but there is compelling evidence for prioritizing mental health.
- It is therefore vital that innovative mental health Policies and Legislation be designed and become a harmonic part of health systems.
- Plans and Programs should lead to effective and human care and service delivery.



## CURRICULUM

The Master (MHPS) provides knowledge and skills for participants in the following areas:

- 1 Basic elements of Public Mental Health including Mental Health of the Populations and Epidemiology of Mental Disorders;
- 2 Basic elements of Research Methods and Statistics;
- 3 Principles of Mental Health Policy and Plans formulation;
- 4 Principles of Mental Health Legislation and Human Rights;
- 5 Principles of Mental Health Services and Care Delivery organization;
- 6 Basic elements of Mental Health Services Research;
- 7 Information on worldwide models and experiences of Mental Health Policy and Services Organization.

**BELIZE**  
**Elleanor Bennett**  
**Coordinator,**  
**Belize Mental**  
**Health Programme**

*I am truly grateful for the opportunity offered to me to participate in this program. The coursework gives me a comprehensive knowledge base that prepares me to participate in the mental health program development.*

## PORTUGAL

**José Henrique Santos**  
**Clinical Psychologist**

*Nothing was left behind from a point of view of a student that has find his needs followed by the hosts.*

*When you need something they are there. In what concerns the teachers they are all worldwide recognized men of science and knowledge and you can feel that quality is indeed present.*



## THE PARTICIPANTS

**The International Master in Mental Health Policy and Services (MHPS) aims at creating an international critical mass of knowledgeable professionals able:**

- To effectively contribute to improving Mental Health Policy and Services in their own countries or in international settings.
- To promote human rights and human rights driven legislation.

**Applicants from Low and Middle Income countries are encouraged to apply.**

**Applicants should be:**

▪ Holders of a bachelor degree or legally equivalent qualification in the field of Medicine, Psychology, Nursing, Sociology, Social Service as well as in other fields accepted by the Master Course's Scientific Committee and approved by the Scientific Council of the Faculty of Medical Sciences of Lisbon.

*or*

▪ Holders of a foreign higher education degree, conferred following a 1<sup>st</sup> cycle of studies, organized in accordance with the principles of the Bologna Process by a subscribing Country, in the field of Medicine, Psychology, Nursing, Sociology, Social Service as well as in other fields accepted by the Master Course Scientific Committee and recognized by the Scientific Council of the Faculty of Medical Sciences of Lisbon as fulfilling the objectives of the Bachelor degree.

*or*

▪ Holders of a foreign higher education degree in the field of Medicine, Psychology, Nursing, Sociology, Social Service as well as in other fields accepted by the Master Course Scientific Committee and recognized by the Scientific Council of the Faculty of Medical Sciences of Lisbon as fulfilling the objectives of the Bachelor degree.

## STRUCTURE, CREDITS & TEACHING

**The Master is a two-years course:**

**1<sup>st</sup> year** - The course will start on the 7<sup>th</sup> October 2013 with a two-week residential session (7-18 October), at the Faculty of Medical Sciences campus in Lisbon, during which the students will attend lectures, seminars and workshops. A second two-week residential session will take place in Lisbon, from 31<sup>st</sup> March to 11<sup>th</sup> April 2014.

Between the two residential sessions, the students will participate in e-learning teaching activities (lectures, work exercises, essays) under the orientation of supervisors.

**2<sup>nd</sup> year** - The second year of the Course will be dedicated to the development of a project and the elaboration of the dissertation, under the orientation of a supervisor.

**The International Master in Mental Health Policy and Services (MHPS) requires the attendance to the curricular units and the writing of:**

- an original scientific dissertation *or*
- a programme proposal *or*
- a report of a traineeship.

The duration of the course is two years, four semesters.

The number of credits necessary to obtain the master degree, according to the European Credit Transfer and accumulation of credits is 120.

The successful attendance of the first year of the Course, with 60 ECTS (*European Credit Transfer System*), will award a Diploma from the NOVA University of Lisbon.

**Scientific modules and credits necessary to obtain the Master degree or the diploma:**

Curricular Units / Modules	ECTS Credits
Introduction: Mental Health and Public Health	2
Mental Health of the Populations	10
Research Methods and Statistics	10
Mental Health Policy and Plans	10
Mental Health Interventions, Programmes and Services	12
Mental Health Legislation and Human rights	6
Global Mental Health	4
Mental Health Services Research	6
Thesis / Research Project	60

## FACULTY

The teaching Faculty of the International Master in Mental Health Policy and Services (MHPS) is composed by Professors from the Faculty of Medical Sciences of Lisbon and Professors coming from other Universities, Research Centers or Public Health Organizations.

### COORDINATION



**Prof. José Miguel Caldas de Almeida**, is Professor of Psychiatry and Dean at the Faculty of Medical Sciences, NOVA University of Lisbon. He was the Chief of the Mental Health Unit at the Pan American Health Organization, the Regional Office of the World Health Organization for the Americas, in Washington D.C., from 2000 to 2005. He was Temporary Adviser for WHO in Africa, Europe and Latin America, and currently is the Coordinator of the European Union Joint Action for Mental Health and Wellbeing.



**Prof. Benedetto Saraceno**, holds an M.D. degree from the University of Milan and a postdoctoral degree in psychiatry from the University of Parma. He was the leader of the WHO special programme Nations for Mental Health (1996-99). He was Director of the Department of Mental Health at the World Health Organization, Geneva, from 1999 to 2010. In 2001 he was the leader of the WHO World Health Report on Mental Health. At present he is Associated Professor of Psychiatry at the University of Geneva, Switzerland, Professor of Global Health at the Faculty of Medical Sciences of Lisbon, and Coordinator of the Gulbenkian Global Mental Health Platform.

#### Faculty from NOVA University of Lisbon

José Miguel Caldas de Almeida  
Graça Cardoso  
Bernardo Corrêa  
Joaquim Gago  
Manuel Gonçalves Pereira  
Ricardo Gusmão  
Pedro Pita Barros  
Benedetto Saraceno  
Miguel Xavier

#### Faculty from WHO

Daniel Chisholm  
Nathalie Drew  
Tarun Dua  
Michelle Funk  
Mark van Ommeren  
Shekhar Saxena



#### ITALY Michele De Francesco, Psychiatrist

*For me it was an important experience, a chance to professional and human compare, with so many stories to hear, the chance to represent to me country as diverse and far away and that perhaps, unfortunately, I will not have the opportunity to visit.*

#### International Faculty

Ricardo Araya, *University of Bristol, UK*  
Angelo Barbato, *Istituto Mario Negri, Milano, Italy*  
Pedro Gabriel Delgado, *Universidade Federal de Rio de Janeiro, Brazil*  
Angelo Fioritti, *Department of Mental Health, Bologna, Italy*  
Clemens Hosman, *Universities of Nijmegen and Maastricht, Netherlands*  
Helen Killaspy, *University College London, UK*  
Michael King, *University College London, UK*  
Julian Leff, *Institute of Psychiatry King's College, London, UK*  
Itzhak Levav, *University of Haifa, Israel*  
António Leuschner, *ICBAS, Oporto, Portugal*  
Alberto Minoletti, *Escuela de Salud Publica, Santiago, Chile*  
Irwin Nazareth, *University College London, London, UK*  
Soumitra Pathare, *International Diploma in Mental Health Law and Human Rights, Pune, India*  
Graham Thornicroft, *Institute of Psychiatry King's College, London, UK*

## TESTIMONIALS

### PORTUGAL · Marisa Real Taron, *Psychiatrist*

*It is with great satisfaction that I send my testimony to our next colleagues in the International Master in Mental Health from the FCM. They should know that this is a very pertinent and high quality Master. The professors are very professional but also friendly and with a sense of humor that turns this Master a pleasure in all its extent. Besides, the opportunity it give us to meet colleagues from different parts of the world, in the professional and humanitarian sence has been of great value. This is not an easy Master - we have to fight and to give a lot of dedication to it, but then again, it is worth the effort and we can even surprise ourselves about our own capacities.*

### BANGLADESH

#### Noor Giasuddin, *Psychiatrist*

*From the time I submitted application for the course, the university authority took a one to one approach to assist me in the process. The atmosphere from the airport to hostel and classes has an excellent tone of novelty and homeliness. The beauty of the city, its easy transportation, the view of the Tagus river all are wonderful. Throughout the time from acceptance of application to end of the 1st residential session the university authority left no stone unturned to assist us in academic and extracurricular activities. I feel every student will enjoy the course to the optimum.*

### MOZAMBIQUE

#### Palmira Santos, *Clinical Psychologist*

*Given that mental health has been left to the background in many countries, especially in developing countries, a Master that has among its objectives to expand the horizons in order to improve the quality of services and preserving the human rights of people with mental disorder and the integration of mental health in primary care, is undoubtedly a big achievement. The creation of an international class with professionals from different latitudes and environments, allows an unique workshop, which, along with the remarkable faculty that guides the course, will certainly result in added value in students professional and personal lives.*

### LEBANON · Rabih El Chammay, *Psychiatrist*

*The International Master in Mental Health Policy and Services was exactly what I needed. The variety of topics covered, the calibre of the faculty members, and the flexibility of the design as to being mainly an elearning process is a very successful mix. This program is just what I feel is needed for me in order to be able to learn how address stigma related to mental disorders, promoting mental health, integrating mental health into primary health care services, designing and conducting research with limited resources, abiding by ethical guidelines, in developing countries, with the ultimate goal of using this research to lobby for the needed changes in laws and policies.*



## GENERAL INFORMATION

**Duration** 4 semesters · **ECTS** 120

**Residential Sessions · Dates:**

7-18 October 2013 and 31 March -11 April 2014

**Enrollment deadline** 7 July 2013

**Admission procedures**

The duly completed admission form may be submitted until 7 July 2013, together with:

- Certified copy of graduate/postgraduate degree
- Curriculum vitae
- A written statement of purpose of no more than 250 words
- Letter from sponsoring organization (if applicable)

**Selection criteria**

- Classification in academic degrees, according to the European scale of comparability
- Global assessment of the CV
- An interview of the candidate can be made by the Scientific Board (by phone, if the candidates live abroad)

**Vacancies** The Masters Program will run with a minimum of 17 and a maximum of 30 students.

**Fellowships** There will be a limited number of Fellowships for international students (covering the Tuition Fees). The selection will be based on the Curriculum Vitae (academic, scientific and professional performance) of each applicant and will only be announced after the admission of applicants to the Masters course. By submitting the application you are also automatically applying for Fellowship (there is no need to fill in a separate Fellowship request form). Since there is usually a high number of applicants for a Fellowship, we do advise you to individually research some other funding sources/sponsors.

**Fees** (the fees don't cover the costs of travel and accomodation)

**Application Fees** €50 · **Registration Fees** €100

**Tuition Fees** €5.000 (€3.100 until 6/9/2013; €950 until 31/3/2014 and €950 until 30/5/2015)

The ECTS credits obtained in the International Masters Programme may be credited to the FCM Ph.D. Programme.

Knowledge of english is mandatory.



## INFORMATION AND REGISTRATION

**Universidade NOVA de Lisboa**

**Faculdade de Ciências Médicas**

**Divisão Académica - Secção de Pós-Graduação**

Campo Mártires da Pátria, 130 · 1169-056 Lisboa - Portugal

Tel. +351 21 880 30 66 · Fax +351 21 880 30 68

posgraduacao@fcm.unl.pt · [www.fcm.unl.pt](http://www.fcm.unl.pt)

