



# International School



## OFFICIAL PUBLICATION OF INTERNATIONAL SCHOOL FOR MENTAL HEALTH PRACTITIONERS ON UNITED NATIONS AFFAIRS

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This publication is distributed to Missions to the United Nations and to Mental Health Clinics throughout the world on a quarterly basis. Its purpose is to inform all about the work of the United Nations in Mental Health and related activities.

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Editor's Note: This part of our publication tells how APA and the UN work to bring psychology to the world. It covers the great progress of WHO in child and adolescent mental health and in their efforts to improve mental health care all over the world. The UN speaks out about protecting Iran's juveniles against execution, as well as how UNICEF protects children in Zimbabwe who are being abused. The works of the UN range from Nicole Kidman joining the UN as Goodwill Ambassador to the United Nations Development Fund for Women to the wonderful job of the Mental Health Outreach Program in Pakistan, and its fight against sexual exploitation. Finally, NGOs such as Counterpart are implementing programs in dance to help children in Tajakistan.

### **Bringing Psychology to the World**

Winter, 2006 – Columbia University emeritus psychology professor Harold Cook, PhD, is living out a childhood dream. As a child growing up in Brooklyn, New York, he would take class field trips to the United Nations.



With appreciation to <http://webpage.pace.edu>

“I was really impressed with all those buildings,” he says. “I didn’t know much about the U.N., but I knew that it was a big place where important things happen.”

Now, as one of APA’s U.N. representatives, Cook works to spread the word to U.N. diplomats, staff, and others about the contributions that psychology can make to many of the international humanitarian issues that the United Nations addresses.



With appreciation to [www.apasoc.com](http://www.apasoc.com)

APA is one of more than 3,000 U.N.-affiliated nongovernmental organizations (NGOs) that work in committees to advise the U.N. on issues ranging from aging to the environment to children’s rights. APA’s representatives lead some of these committees.

Cook, for example, is a co-chair of the Committee of the Family and is on the

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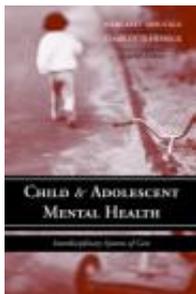
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Executive Committee of the Committee on Mental Health. Fordham University psychologist Harold Takooshian, PhD, is vice-chair of the Human Settlements Committee. Corann Okorodudu, PhD, a psychologist at Rowan University in New Jersey, co-chairs the Committee on Children’s Rights. And former APA President Florence Denmark PhD, who is also APA’s main U.N. representative, chairs the committee on Aging. APA’s newest representative is Hofstra University professor Deanna Chitayat, PhD. Finally, University of Chicago psychologist Neal Rubin, PhD, serves as APA’s associate representative for special projects.

With appreciation to Monitor on Psychology. *Bringing Psychology to the World, Winter, 2006* at [www.apa.or/monitor](http://www.apa.or/monitor)

### Child and Adolescent Mental Health

For the past two years the Department has supported the development of a coordinated child and adolescent mental health programme. The programme has fostered a recognition throughout WHO and in the WHO Regions that child and adolescent mental health is a necessary priority for the healthy development of societies. Child and adolescent mental health is central to the future development of low income countries throughout the world, but in particular, in sub-Saharan Africa and elsewhere where AIDS orphans, displaced populations of child combatants, reintegrated child soldiers, AIDS affected and infected youth marginalized because of lack of economic opportunity are jeopardizing the future of whole nations. Furthermore, the free and forced migration from Africa and other parts of the world affected by conflict brings to the shores of the United States and elsewhere youth who are unable to integrate into society because of mental health problems. The economic and social consequences are obvious and now well documented. WHO has developed initiatives that will address these core problems at their origin and provide programmatic support.



With appreciation to [www.bpub.com/covers](http://www.bpub.com/covers)

WHO's Department of Mental Health and Substance Abuse has initiated three programmes which together form a coordinated effort to address global interdependence of societies. The three programme elements include 1) a campaign on the stigma associated with mental illness among youth, 2) a global policy initiative that will equip ministries of health to develop coordinated, responsive programmes where child and adolescent mental health will be integrated into overall health care, and 3) a programme to assess the global treatment gap associated with mental illness. In regard to all these programmes there is a keen awareness that poor mental health on the part of youth leads to lack of compliance with medical regimes, participation in work skills development, and adds to the burden developing societies with increased participation and instigation of violence, abuse of self and others, and support for a broad range of illegal activities. The activities related to identifying treatment resources and the policy initiative parallel the original programmes addressing adult mental health issues.

With appreciation to WHO, *Child and Adolescent Mental Health*, Winter, 2006 at [www.who.int/mental\\_health/prevention/childado/en/index.html](http://www.who.int/mental_health/prevention/childado/en/index.html)

### UN Rights Expert Urges Iran Not to Execute Another Juvenile



With appreciation to [www.ncr.iran.org/images](http://www.ncr.iran.org/images)

New York, December 12 – After receiving numerous allegations that juveniles have been executed in Iran over the past year, a United Nations rights expert is calling on the country's Government not to carry out the death penalty against Rostam Tajik, a 20-year-old Afghan national who was only 16 when he is alleged to have committed murder.

"Executing a juvenile offender is not the way to mark December 10, which is International Human Rights Day," Philip Alston, the Special Rapporteur on extrajudicial, summary or arbitrary executions of the UN Commission on Human Rights, said on Friday.

In January, 2004, Mr. Alston asked to visit Iran on the basis of the standing invitation extended by the Government to experts of the Commission on Human Rights. Since that time the Government has regularly assured him that it will make the necessary arrangements but nothing has happened

"It is now urgent that the Government of Iran should arrange such a visit so that the situation can be clarified," Mr. Alston said.

With appreciation to UN News, *UN Rights Expert Urges Iran Not to Execute Another Juvenile*, December, 2005 at [www.un.org/news](http://www.un.org/news)

## UNICEF Calls on Zimbabweans to Speak Out Against Child Abuse

New York – January 24, 2006 – In the wake of the accusations this week that a headmaster in Zimbabwe raped six primary school pupils, the United Nations Children’s Fund today repeated its call for communities in the country to speak out against all forms of child abuse.



With appreciation to [www.voanew.com/english/images](http://www.voanew.com/english/images)

“This is an utterly intolerable violation of children’s rights,” said UNICEF’s Representative in Zimbabwe, Festo Kavishe. “At a time when Zimbabweans are making phenomenal efforts to absorb more than 1 million orphans, there appears a small number who prey on the most vulnerable of children.”

“Almost every day there are fresh reports in the local media about children being abused, sometimes at their schools, other times by family members, but mostly by trusted authority figures”, Mr. Kavishe added.

Anecdotal evidence from local non-government organizations (NGOs) and clinics around Harare show child sexual abuse is rampant. Last year alone, a local NGO recorded 4,146 cases of sexual abuse against children in its area of operation alone.

“Community leaders need to be explicit in their condemnation of such abuse,” Mr. Kavishe said.

UNICEF, in partnership with government ministries and several NGOs, supports a national campaign called Zero Tolerance Against Child Abuse.



With appreciation to <http://alibee.com/images/unicef2.jpg>

As part of the drive, UNICEF is backing training of trainers’ workshops and community-based education. Participants include government officials, NGOs, journalists, police, and teachers.

The children’s agency is also stepping up its work with communities, seeking to further educate them to spot the signs of child abuse and to tenaciously protect their children by establishing and supporting functional child protection committees, where children themselves are represented.

“Community leaders, teachers, mums and dads – these people are the front line in the fight against child abuse,” said UNICEF’s head of child protection, Jose Bergua.

“Silence on this issue shelters the perpetrators and is a crime against children,” he warned.

With appreciation to UN News, *UNICEF Calls on Zimbabweans to Speak Out Against Child Abuse, January 24, 2006* at [www.un.org/news](http://www.un.org/news)

### **Actress Nicole Kidman Becomes Goodwill Ambassador for UN Women’s Agency**

New York, January 26, 2006 – Award-winning screen actress Nicole Kidman was today named as a Goodwill Ambassador to the United Nations Development Fund for women (UNIFEM), which she pledges to support through travels to devastated countries where its projects are carried out



With appreciation to <http://ctv.ca/archives/CTNews>

Introducing Ms. Kidman at a news conference in New York, Executive Director Noeleen Heyzer said, “We are honoured to have Nicole join the UNIFEM family.”

Ms. Kidman said she was “honoured” to become a Goodwill Ambassador, adding she was not pretending to be an expert on any of the issues that UNIFEM addresses, but she was looking forward to learning and lending her support to “help make visible the very real and immediate problems.”

With appreciation to UN News, *Actress Nicole Kidman Becomes Goodwill Ambassador for UN Women’s Agency, January 26, 2006* at [www.un.org/news](http://www.un.org/news)

### **The First Team of Post Earthquake Mental Health Outreach Program Returns from Pakistan**

On October 8, 2005, an earthquake with a magnitude of 7.6 on the moment monitor scale struck the northeastern region of Pakistan. Entire villages and roads were buried by landslides in the North-West Frontier Province and Pakistan-administered Kashmir. The destruction of the earthquake was even felt in India and Afghanistan. Because of this horrific occurrence 150,000 lives were taken in Northern Pakistan alone, and still more bodies are being discovered. According to Action by Churches Together (ACT), an estimated 2.8 million will be homeless and will suffer even more.

In response, the Association for Disaster & Mass Trauma Studies, spearheaded by Dr. Anie Kalayjian, implemented its Mental Health Outreach Project in Northern Pakistan. The first team of the Mental Health Outreach Project returned from Pakistan on Tuesday, January 24, 2006. The team comprised of Dr. Anie Kalayjian, Director of the program, and Nicole Moore, from Fordham University, New York; and Muhammed Hassan and Iqbal Hassan field coordinators from Pakistan.

Dr. Kalayjian and Ms. Moore were also invited to lecture at the International Conference on “Earthquake 8/10: Social, Human, and Gender Issues,” taking place in Rawalpindi, Pakistan from 15-17 of January 2006. Fatima Jinnah Women University, Rawalpindi, and the University of Azad Jammu & Kashmir, Muzaffarabad jointly organized this conference in Collaboration with The Higher Education Commission, Islamabad.



With appreciation to [www.bu.edu/global/beat/ipq/pakistanquake.jpg](http://www.bu.edu/global/beat/ipq/pakistanquake.jpg)

Dr. Kalayjian delivered a plenary address on the first day of the conference. Her presentation was entitled: “Earthquake 10/8: Human Issues.” On the second day, Ms. Moore and Dr. Kalayjian presented another lecture entitled: “Post Traumatic Mental Health Outreach Program in SE

Asia.” While at the conference Dr. Kalayjian gave interviews on the University Radio Station, as well as several newspapers including, Online, Daily Times, and Jiang.

Dr. Kalayjian and Ms. Moore conducted several training sessions and workshops. The first training workshop was at the Fatima Jinnah Women University for psychologists. The second one was at the Ayub Training Medical Center, and the third workshop was at the Ministry of Population and Welfare in Abbotabad. The team conducted the initial assessment of the impact of the earthquake on the surviving community. They visited hospitals, refugee tent camps (where most of the survivors were sheltered), homes, schools, and universities. Preliminary findings revealed that over 75% had moderate to severe levels of Posttraumatic Stress Disorder. Most frequently expressed feelings were fear of repeated earthquakes, uncertainty regarding the future, nightmares, flashbacks, hopelessness, hypervigilance, and somatic complaints. As for living conditions, survivors were staying in tents, the majority without heat, hot water, or running water. The hygiene needs are not being met, and respiratory infections, pneumonia, and scabies were spreading rampantly.

As for lessons learned, survivors frequently expressed that they learned to help others, be more accepting of that which they cannot change, focus on the moment, manage their feelings, gain more self-confidence, become more trusting of God’s will and trust their abilities in coping. Those who interpreted the quake as a punishment from God or “Allah”, were not able to identify a positive lesson at first, but during the workshop they were able to express their guilt and work through their emotions and beliefs to discover a positive lesson.

The team had a press conference on the last day of their stay in Karachi, Pakistan, where over fifty newspaper reporters, radio, and TV reporters were present. “20 years ago, only 4,000 people will die from acute radiation and cancer, but many more suffer from the lingering effects of poverty, and lack of information on how to live in the contaminated areas and on how to regain their livelihoods, according to a new United Nations report.

With appreciation to Meaningful World, *The First Team of Post Earthquake Mental Health Outreach Program Returns From Pakistan, January 28, 2006* at [www.meaningfulworld.com](http://www.meaningfulworld.com)

### **Progress Made Against Sexual Exploitation But More to Do: UN Peacekeeping Head**

February 23, 2006 – Meeting attended by Ambassador DeLuca

“Significant progress” has been made in dealing with incidences of sexual exploitation and abuse committed by United Nations peacekeepers, but much more needs to be done, the Under-Secretary-General for Peacekeeping said today, calling for more support from Member States.



With appreciation to [www.un.org/Depts/dpko/peacekeepers](http://www.un.org/Depts/dpko/peacekeepers)

Jean-Marie Guenno told the Security Council that the “severity of the problem,” which came to the fore in 2004 with allegations against peacekeepers in the Democratic Republic of the Congo (DCR), had been recognized and the General Assembly had adopted a strategy to tackle it, focused on prevention, enforcement, and ultimately on “remediation” for the victims.

With appreciation to Un News, *Progress Made Against Sexual Exploitation But More to Do: UN Peacekeeping Head, February, 23, 2006* at [www.un.org/news](http://www.un.org/news)

### **Choreography Continues for Orphaned Girls in Tajikistan**

January 20 - Ten young ballerinas with their smiling faces and pink point shoes gliding through their newly-equipped dance studio, are gaining

confidence and poise while providing hope to their Dushanbe, Tajakistan school's administration for a brighter future.



Six months ago, an employee of Counterpart International

With appreciation to [www.counterpart.org/dnn](http://www.counterpart.org/dnn)

volunteered to teach ballet to orphaned girls at Boarding School-Internat #1, offering them an opportunity to enjoy the beauty of dance. More than teaching just ballet techniques, Irina Wunder, a former dancer herself, was also seeking to provide a creative outlet for the children living in the school through exposure to an activity promoting self-esteem and assurance. Following the debut performance on the stage of Tajik Opera House in March, 2005, the young ballerinas will now have an opportunity to continue developing their ballet skills in their own newly-equipped room with dance barres and mirrors. Thanks to Counterpart, International, volunteers and supporters, the school proudly opened the ballet room with a small ceremony on December 14, 2005.

Wunder, the Counterpart employee who initiated the program, studied ballet in the former Soviet Union from 1979 to 1990 before directing a US State Department humanitarian assistance program with Counterpart from 2003 until the summer of 2005. Currently stationed in Lima, Peru, she serves as a consultant for the organization. Her initiatives target underprivileged youth and provide support to creatively promote social and economic incentives through exposure to performing arts.

With appreciation to Good News Agency, *Choreography Continues for Orphaned Girls in Tajakistan, January 20, 2006* at [www.counterpart.org/dnn](http://www.counterpart.org/dnn)

### Promoting the Rights of People with Mental Disorders: Solutions in Countries

Ghana – Mental health legislation can play a vital role in preventing violations and discrimination against people with mental disorders. It can also support access to quality mental health care and help people integrate into the community.

With Who assistance, the Ghanaian Government has drafted a new mental health law. Ghana's previous law emphasized institutional care, which can lead to the serious mistreatment of people with mental disorders. The new law stresses access to in-patient and out-patient community care, and promotes voluntary admission and informed consent to treatment. Once adopted, Ghana's new law will fight discrimination and stigmatizations, and help to protect the human rights of people living with mental disorders.



With appreciation to [www.ishamset.com/healnews/images/mental.jpg](http://www.ishamset.com/healnews/images/mental.jpg)

Lesotho – A mental health policy sets a vision and clear direction for improving mental health in a population. A well-articulated policy and action plan helps to reduce inefficiencies and fragmentation in the health care system.

Lesotho is developing a mental health policy and plan with the support of WHO. Lesotho's vision for 2020 is a high standard of mental health for all people, maintained through accessible services that uphold and protect the human rights of people with mental disorders. Specific objectives include a move towards a system of community-based care, integrating mental health services into general care, and a reduction in the number of people treated for mental disorders in institutions and correctional services. The national policy emphasizes the need to provide adequate mental health care and support to people with 'physical' disease including those living with HIV/AIDS.

Mongolia – In Mongolia, WHO is supporting the integration of mental health care into primary health care. Psychiatrists and general practitioners throughout the country have been trained to provide mental health care to people in the community.

Day-care centres have been established where people with mental disorders receive psychological, social, and occupational rehabilitation. They are able to participate in meaningful and fulfilling work while receiving treatment.



With appreciation to [www.ncica/images/ik/ProductEnt83.jpg](http://www.ncica/images/ik/ProductEnt83.jpg)

'Gers' (a form of tent that is home to many Mongolians) are used for people with mental disorders as an alternative to living in a mental health institution. The gers provide sheltered accommodation as well as greater autonomy and freedom. People living in gers are engaged in day-to-day activities such as herding horses, milking cows, fuel gathering, gardening, carpentry, and embroidery.

Namibia – On October 28, 2005, Namibia, launched their first mental health policy. With the assistance of WHO, the government will be implementing this policy through the strategies and interventions identified within their five-year action plan. Namibia's policy provides a strong framework for the delivery of mental health services and articulates the role and responsibilities of the different stakeholders involved in the promotion and protection of mental health. The key challenge in implementing the policy will be the need to change the attitudes of individuals, families, health professionals and the general public. Namibia plans to give people the knowledge needed to deal with mental and neurological conditions through training and education.

Other priority strategies include the integration of the mental health services with existing health services, and the development of a network of services and referral systems to help people with mental disorders access the treatment they need.

Sri Lanka – WHO is working with the Sri Lankan Government to establish high-quality community care. Specialized mental health day-care centres – located in communities – offer another way for people with mental disorders to access the care they need. Projects to reintegrate people back into the community from psychiatric hospitals involve programmes of support which can include help to find employment. As a result, some people previously living in mental health institutions are now able to find jobs, save money and even buy a house and support their family. In this way, rehabilitation within the community can improve both the quality of life and future prospects not only for individual people but for their families as well. The ability to earn money and be seen as a useful member of society is extremely important.

With appreciation to WHO, *Promoting the Rights of People with Mental Disorders: Solutions in Countries, January, 2006* at <http://www.live.who.ch/features>

## February 2 in the Security County: Topic Iran and Nuclear Weapons



Ambassador DeLuca, V.P. Nina Tassi, Fordham U, Dean Elaine Congress Fordham U

## Ambassador's Meeting Schedule

January 22 – Ms. Sharon Weinstein, Dr. Carl Stallman, Staten Island Psychoanalytical Association

February 2 - Dr. Nina Tassi, VP Academic Affairs and Dr. Elaine Congress Assoc. Dean, Fordham U, UN

February 4 – Concelebrated Mass – Hierarchy of Oriental Orthodox Church, Teaneck, N.J.

February 7 - SCOOCH-SCOBA; Bishops Barsamian, Demitrios, Vicken, Manhattan, N.Y.

February 16 – Mr. Bennett Varghese, US State Department, UN

March 2 – Dr. Miles Grouth, Charirman Dept. of Psychology, Wagner College

March 5 – His Beatitude Basielos Thomas I, Catholicose of India and All the East, Cateret, N.J.

March 9 – Mr. Kinga Singye, Minister Counselor, Bhutan, UN