



WORLD CONGRESS
Mental Health 2022
LONDON

“Mental health:
a global priority”

June 28th - July 1st, 2022

Central Hall Westminster
Storey's Gate - London - SW1H 9NH

EACCME applied for



PLENARY SESSION SIX	
Event Code: LEE22-00523 World Mental Health Congress London Mental Health a Global Priority, London, UK 28/06/2022-01/07/2022	
Your details (as you want them listed in the programme)	Tsuyoshi Akiyama
Date and time of your plenary session	Wednesday 29 June 2022 16:30-18:00 Overall Plenary Theme: WFMH Memorial Lectures
Duration	20 mins
Proposed title (please complete)	Mary Hemmingway Rees Lecture
Learning Objectives (please complete)	To learn possibilities of enhanced collaboration between mental health activities and society
Abstract (max 500 words)	<p>We need to convey messages about the importance of mental health to society, such as rights, discrimination, stigma, empowerment, and normalization. If we can add the contribution of mental health activities to society to these messages, it may strengthen our appeals. If mental health issues are not only important but also helpful to society, society may widen the basis of its collaboration and partnership with mental health activities more willingly.</p> <p>How can mental health activities contribute to society? One possibility is a recovery of work capacities. Work represents activities that are meaningful to others, and that can offer income and a sense of meaning to the worker. Many people with mental illness want to work. It is their right, and for society, work is a contribution. If there are more effective programs to support people with mental illness to work without exacerbation of their conditions, it may create a win-win situation for the people, their families, work organization, and society.</p> <p>In 1997, I started a resilience-building program, the Re-work program, for people with mental illness that developed their mental illness with work stress but want to return to work. The Japanese government supports the Re-work program and also programs that support people with mental illness who do not have work experience but want to work. The government also supports a peer supporter system to enhance the motivation of people with mental illness to continue exploring their possibilities despite the illness.</p>



	<p>Another possibility for mental health activities to contribute to society is consultation. Mental health issues are ubiquitous. Many stakeholders, such as industry, education, and medicine, benefit from consultation on how they can handle mental health issues. I have been providing consultations to various stakeholders, especially the industry. When we want to make our consultation effective, it is crucial to understand the limitation and the strength of other stakeholders. Many stakeholders have a limited understanding of mental health, but they have the capacity to provide their unique resources. If brief, understandable, and easy-to-implement consultations can be provided to the other stakeholders, they will be quite willing to support mental health issues. We may develop systematic materials to provide consultation, which help to expand the role and contribution of mental health activities in society and will reduce discrimination and stigma, and expand possibilities for empowerment and normalization.</p>
<p>Key references or resources (maximum five)</p>	<p>Arima H, Akiyama T, de Moura PT et al. Resilience building for mood disorders: Theoretical introduction and the achievements of the Re-Work program in Japan. <i>Asian J Psychiatr</i> 2021 Apr;58:102580. doi: 10.1016/j.ajp.2021.102580. Epub 2021 Feb 17.</p> <p>Horii S, Sakai Y, Tagawa A et al. Predictive validity of the Psychiatric Re-work Readiness Scale for participants in Re-work programs – Influence of factors to continuity of work. <i>Acta psychiatrica japonica</i>. 121(6):0445-0456, 2019.</p> <p>Akiyama T, Tsuchiya M, Igarashi Y et al. Re-work Program in Japan: Innovative high-level rehabilitation. <i>Asia-Pacific Psychiatry</i>. 2(4). 208-216 . 2010</p> <p>Akiyama T, Okazaki W, Tominaga M, et al. Reliability and validity of the Return to Work Assist Program Assessment Sheet. <i>Japanese Journal of Psychiatric Treatment</i>. 22(5). 571-582. 2007</p>