



INVITED SPEAKER PARALLEL SYMPOSIUM	
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)	Uriel Halbreich MD. Professor of Psychiatry, Director of Bio-behavioral Research. Jacobs school of Medicine and biomedical Sciences, University at Buffalo (UB) The State University of NewYork (SUNY). Founding chair, WPA section on Interdisciplinary Collaboration.
Date and time of your invited speaker parallel symposium session	Thursday 30 June 2022 10:10-11:10 hrs Overall Symposium Theme: Interdisciplinary practice
Duration	20 mins (including discussion)
Proposed title (please complete)	Interdisciplinary collaborations – a comprehensive approach
Learning Objectives (please complete)	At the completion of the presentation participants will be able to: 1) identify situations in which interdisciplinary collaborations are needed. 2) Determine optimal collaborators, and 3) initiate productive collaborations.
Abstract (max 500 words)	<p>The World health Organisation (WHO) defined Health as “a state of complete physical, mental and social well-being”. Mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community”.</p> <p>According to these internationally widely-accepted definitions it should be obvious that an optimal practice of health and especially mental health requires integration of multiple facets across multiple disciplines. They include, but are not limited to physical and emotional health, all aspects of daily activities including work situations, home activities, transportation, housing and any environmental factors. Economics and finances are of utmost importance as are the means to produce them. Social interactions with immediate family, friendships and the broader social support systems are having an immediate and long-term impact on quality of life, life satisfaction and health. The material, social, cultural and spiritual circumstances and values of the community determine the overall context of each individual’s life as is the political and government system.</p> <p>Consideration of all these aspects may seem daunting and their practice may be perceived as being beyond a single expert’s scope of skills. Therefore a collaborative group effort is required.</p> <p>The main questions for constructing an ad hoc collaborative task-force are:</p> <ol style="list-style-type: none"> 1. What is the focus—e.i.--stressful situation and Stress-Related disorders, or well-being of a vulnerable group. 2. What expertises are needed to solve the problem. 3. Who are the most qualified experts for each task? 4. How to enrol them. 5. Who should be the leader of the group, how should s/he function? 6. What is the anticipated achievable outcome? And ,7. What are the most efficient and efficacious actions to achieve the goal?



	<p>The first order of the collaborative group is to integrate the brain-trust to assess: what is known, what is still unknown, what gaps in knowledge individuals did not think about and how to close the gaps in knowledge. Specific goal-oriented actions should follow and will be further elucidated in the presentation.</p>
<p>Key references or resources (maximum five)</p>	<ol style="list-style-type: none"> 1. World Health Organisation(WHO).(2005). Basic documents.45th edition. WHO. https://apps.who.int/ins/handle/10665/43134 2. WHO (2014). Mental health: a state of well-being. Updated, August 2014. www.who.int/features/factfiles/mentalhealth/en 3. Halbreich U. (2021) Stress:a global multidimensional common denominator. Brit J. Psychiat.-Ad 27(3),142-144 4. Halbreich U. (2021). stress-Related Physical and mental disorders: A new paradigm. Brit J Psychiat-ad 27(3):145-152. 5. Halbreich U,Schulze T, Botbol M et al.(2019) Partnerships for interdisciplinary collaborative global well-being. Asia-Pacific Psychiatry. 11(2),e12366.https://doi.org/10.1111/appy.12366