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**Editor**

Prabha S Chandra

**In this issue**

President's Welcome

Message from the Immediate  
 Past President

6th World Congress on  
 Women's Mental Health—  
 Tokyo

History of IAWMH

**Top Three** — Members Pick!

Member Reports

**SPOTLIGHT:** Women's Mental  
 Health in the Sahara — FOGAW

A Note from the Editor

**Save the date!**



**The 7th World Congress  
 on Women's Mental  
 Health**

**March 6-9, 2017**

**Dublin, Ireland**

[See more upcoming events](#)

**Welcome—President's Message**

I wish first of all to thank Dr Marta Rondon, our immediate past president, for the inspiration she has provided and her work and commitment over the past years. The IAWMH has continued to thrive as noted by Marta elsewhere in this newsletter, and has consolidated an important role in the field. I look forward now to this new term of work with Marta, with Debby Tucker, our Executive Director, who is a source of strength for us all, and members of IAWMH including past and present colleagues on the executive committee and in the leadership group of the Association.



The Association met in March this year, at the highly successful 6<sup>th</sup> World Congress on Women's Mental Health in Tokyo. Prof Toshiko Kamo and colleagues from the Institute of Women's Mental Health, Tokyo Women's Medical University collaborated with IAWMH to convene a first-rate and stimulating, scientific and social program. It was a lively environment for learning, discussion and the active participation of the many attendees, who overwhelmingly appreciated the experience. The theme of 'Trauma, Depression and Resilience' set the scene for lectures, symposia and workshops from all world regions on what we know, what we need to know, and how we can use what we know. The relationships between violence against women, abuse of their human rights and mental ill health were considered as headline topics. The Congress was concerned with understanding the mechanisms of health and disease for women across the life course and in various settings. It considered how health services can use evidence and understanding to improve women's mental health and the ways that social and health policies and practices influence mental health and how they can be changed. Several other associations joined us and enriched the Congress program and discussions, including the International Society of Psychosomatic Obstetrics and Gynaecology (ISPOG), the Marcé Society, and the World Association for Infant Mental Health. We are now working to promote this mission through preparing together with our partners for the next World Congress of Women's Mental Health in Dublin in March 2017. We also anticipate contributions from our regions and scientific sections. IAWMH is contributing to the debates on the final shape of the UN Sustainable Development Goals. It can also have an influence in countries when members ask for collaboration in support of local actions.

It is important to look back over the past 14 years since the Association was founded for the sources of its success and vitality. Prof Prabha Chandra, IAWMH secretary, has taken the lead in doing this, as we will see in this and subsequent newsletters. I now look forward to the next period of learning and working together in our Association to promote the mental health of women and girls in all countries.

Helen Herrman

President, International Association for Women's Mental Health

## IAWMH Leadership

### President

Helen Herrman (*Australia*)

### Vice President

Jayashri Kulkarni (*Australia*)

### Immediate Past President

Marta B Rondon (*Peru*)

### Secretary

Prabha S Chandra (*India*)

### Treasurer

Susan G Kornstein (*USA*)

### Executive Director

Debra Tucker (*USA*)

### Advisory Board

Silvia Lucia Gaviria (*Colombia*)

Unaiza Niaz (*Pakistan*)

Teri Pearlstein (*USA*)

Anita Riecher-Rossler  
(*Switzerland*)

Donna Stewart (*Canada*)

Margarita Saenz Herrero  
(*Spain*)

Toshiko Kamo (*Japan*)

Florence Thibaut (*France*)

Simone Vigod (*Canada*)

## History of IAWMH

Established in 2001 to improve the mental health of women throughout the world, the International Association for Women's Mental Health is a not for profit, Non-Governmental Organization.

The mission of the International Association for Women's Mental Health is:

- Improve the mental health of women throughout the world.
- Expand the fund of knowledge about women's mental health.
- Promote gender-sensitive and autonomy-enhancing mental health services for women.
- Advance collaboration with other Societies or Sections

## Message from the Immediate Past President



to show.

As I welcome the incoming President Helen Herrman and her team, I want to thank each one of you for your support and your efforts in helping us achieve our goals. I also want to thank Silvia Gaviria, the outgoing secretary, and Unaiza Niaz, who was editor of the Newsletter, for their diligence.

This a good time to reflect upon the IAWMH's coming of age. We have certainly treaded quite a path since the days of our first meeting in Berlin – from a group of mental health professionals seeking to strengthen each other and eager to share knowledge/expertise, to our current state as a fully fleshed-out organization, with UN *consultative* status, members in all continents, and six successful world congresses

Our mission – to improve women's mental health by increasing the amount of scientific information available and advocating for gender-sensitive services – coincides with a growing global preoccupation with gender equality. Meanwhile, the status of mental health as a key contributor to individual and social wellbeing is finally getting due recognition. These global trends have created a plethora of opportunities for our organization: this is the perfect time to double up our efforts and leave a lasting impact in public health policy and research initiatives.

Fortunately, both the IAWMH's Executive Committee and General Assembly have agreed on opportune bylaws modifications, which should streamline the organization's inner workings, and make it easier for us to consolidate our presence in the international arena. We have simplified the committee-based structure and defined member fees, in order to allow us to move forward more freely and to respond to rising trends nimbly. As paid members of a formal organization, we have now access to the e-version of the Archives of Women's Mental Health and to a directory of members throughout the world.

During the 2013-2015 period, we have earned increased recognition and credibility, thanks to the publications and research conducted by our individual members, as well as the ever-growing presence of our EC members as keynote speakers and symposia chairs in many large fora. For instance, IAWMH was present in the First International Women's Mental Health Conference in Saudi Arabia, and was a contributor for the 59<sup>th</sup> session of the Committee on the Status of Women – which stand for our growing voice.

We must use this momentum to bring attention to some key issues, such as the full impact of social determinants on women's health, or the neurobiological effects of violence/trauma and exclusion. Furthermore, we must be ready to take a stand whenever we face sexism or exclusion in academic promotion or research funding.

I wish Helen Herrman, Jayashri Kulkarni, Prabha Chandra, and Susan Kornstein a most successful term. The IAWMH is certainly fortunate to be led by this distinguished team, and we are all in the best disposition to collaborate in their endeavors.

Marta B Rondon

## 6th World Congress on Women's Mental Health

The 6th World Congress on Women's Mental Health was held in Tokyo, Japan, from March 22-25, 2015. It was organized in conjunction with the Institute of Women's Mental Health, Tokyo Women's Medical University. The theme for the conference was 'Trauma, Depression and Resilience'.



## Select Publications by IAWMH Members

**Association of poor subjective sleep quality with suicidal ideation among pregnant Peruvian women.**

**Rondon MB**, Gelaye B, Barrios YV, Zhong QY, Borba CP, Sánchez SE, Henderson DC, Williams MA. *Gen Hosp Psychiatry*. 2015 May 6. pii

**Diagnostic Validity of the Generalized Anxiety Disorder - 7 (GAD-7) among Pregnant Women.**

**Rondon MB**, Zhong QY, Gelaye B, Zaslavsky AM, Fann JR, Sánchez SE, Williams MA. *PLoS One*. 2015 Apr 27;10(4)

**Perinatal mental health service provision in Switzerland and in the UK**

Amiel Castro RT, Schroeder K, Pinard C, Blöchlinger P, Kunzli H, **Riecher-Rössler A**, Kammerer M, *Swiss Med Wkly* 2015, 145:w14011

**Effect of having a subsequent child on the mental health of women who lost a child in the 2008 Sichuan earthquake: a cross-sectional study**

Xu Y, **Herrman H**, Bentley R, Tsutsumi A, **Fisher J**. *Bulletin of the World Health Organization*, 2014, 92: 348-355

**Protecting the mental health of women in the perinatal period**

**Herrman, H**. *The Lancet Psychiatry* 2015, 2(2): 116-118

**Battling perinatal depression**  
**Stewart DE**, *Lancet* 2015, June 10, pii

**Controversies about the use of antidepressant drugs in pregnancy.**

**Robinson GE**, *J Nervous and Mental Disorders*, 2015, 203 (3):159-63



The Congress was attended by 497 delegates from 60 countries. There were 102 presentations made across 27 symposia. The Congress had 9 workshops and a total of 84 posters. 13 oral sessions were held with a total of 65 oral presentations being made. The Congress also heard 17 plenary/keynote lectures. The overall feedback of the participants on the symposia and the lectures was quite positive. The plenary/keynote speakers received positive scores and reviews, as did the other symposia.



The leadership for the Congress was comprised of Toshiko Kamo as the Convener and Congress Co-chair, Helen Herrman as the Congress Co-chair, and Marta B Rondon as the President of the Congress. Topics discussed at the Congress included Women's Mental Health as a Global Priority, Trauma and Women's Mental Health, Sexual and Reproductive Rights and Mental Health, to name a few.



## The Congress Gallery

### Psycho trauma in the Children Exposed to War

Unaiza Niaz, *Journal of Pakistan Psychiatric Society (JPPS)*, July-Dec 2014 Vol 11, No 2

### Policy for promotion of women's mental health: Insight from analysis of policy on postnatal depression in Mexico

Place, J.M., Billings, D., Frongillo, E., Blake, C., Mann, J., & deCastro, F. *Administration and Policy in Mental Health and Mental Health Services Research*, 42(1)

### Risk profiles associated with postnatal depressive symptoms among women in a public sector hospital in Mexico: The role of sociodemographic and psychosocial factors.

Place, J. M., deCastro, F., Billings, D., Rivera, L., & Frongillo, E. *Archives of Women's Mental Health*

### Cultural Issues in Women's Mental Health

Andermann, L. and Fung, K. *Clinical Manual of Cultural Psychiatry* 2015 R. Lim, ed. American Psychiatric Association Press, 2nd Edition

### Impact of prenatal exposure to psychotropic drugs on neonatal outcome in infants of mothers with serious psychiatric illnesses

Anne-Laure Sutter-Dallay, Mélanie Bales, Elodie Pambrun, Nine M-C. Glangeaud-Freudenthal, Katherine L. Wisner, Hélène Verdoux. *Journal of Clinical Psychiatry*, 2015 March 31 online

### The art of narrative psychiatry: stories of strength and meaning

Gaviria, Silvia L. *The American Journal of Psychiatry* 171.6 (2014): 693-93

### Impact of wars and terrorism on Muslim women

Unaiza Niaz, *Arab Journal of Psychiatry* 2014 Vol 25 No 1





## TOP THREE - Members Pick!

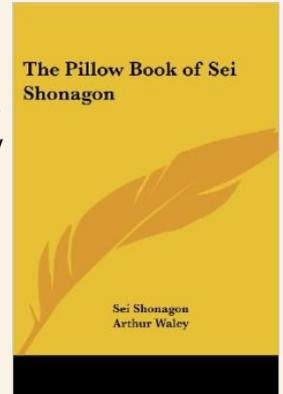
With this issue we introduce a new segment called Top Three. Here, we get select members to rank their favorite works on women's mental health in cinema, television, books and other media. This edition is dedicated to works of fiction, where the members list their three favorite books on the theme.

### Margarita Saenz Herrero (Spain)

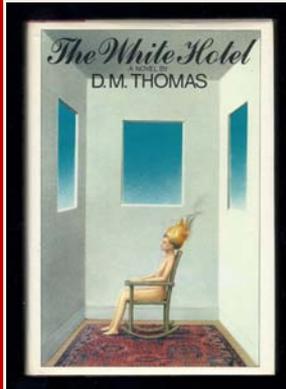
***The Pillow Book (Makura No Soshi)* by Sei Shonagon:** The personal voice of Sei Shonagon, witty and acerbic, contrasts strikingly with the self-pitying attitude of Michitsuna's mother. *Makura no soshi* is still judged one of the greatest masterpieces of literary style in the Japanese language, and its random essay form became a mainstay of later literary writing by men.

***Nothing Holds Back the Night* by Delphine De Vigan:** De Vigan in her portrait of the mother, Lucile, as an elusive girl who becomes a deeply troubled woman, is compassionate and powerful, as well as painful and shocking.

***A Room of One's Own* by Virginia Woolf**



### Anne Buist (Australia)



***The White Hotel* by DM Thomas:** It is a fictionalization of Freud and his famous patient Anna; back in 1983 it introduced me to the mind and how it works, and what makes us who we are. It's still a powerful literary book about psychotherapy and about women and their sexuality.

***Relativity* by Antonia Hayes:** A story about the need for a mother to protect her child and what this costs her, and the power of forgiveness.

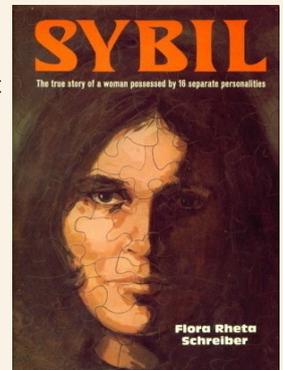
***The Eye of the Sheep* by Sophia Laguna:** Explores the issue of domestic violence and the cost of staying in such a relationship for the child.

***Sybil* by Flora Rheta Schreiber:** As the subtitle suggests, this is the true story of a woman possessed by 16 separate personalities. It is a very rich description of pathology we seldom see in real life clinical work, but more importantly, it gives us powerful insight into the terrible consequences of childhood exposure to physical and sexual violence.

***The Millenium Trilogy* by Stieg Larsson:** The protagonist is a rape survivor, abuses tobacco, and displays several abnormal personality traits, and yet, is successful.

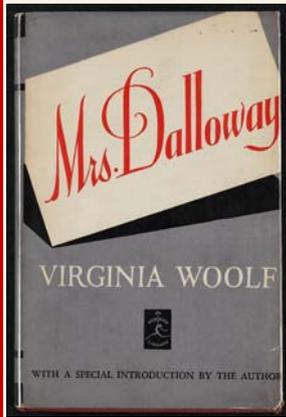
***Still Alice* by Lisa Genova:** The story of an accomplished woman preparing herself for a dignified exit in the face of dementia.

### Marta B Rondon (Peru)



(cont'd...)

Louise Howard (UK)



**Mrs Dalloway by Virginia Woolf:** Virginia Woolf knew how to write about madness from her own experience, and provides the reader with streams of consciousness. She focuses on brief, ordinary but also profound moments in a person's life, and includes moving accounts of depression and shell-shock as well as other experiences in a day in the life of Mrs Dalloway.

**Hotel World by Ali Smith:** This novel describes several different characters whose lives overlap, with moving descriptions of bereavement, loss and chronic fatigue (which Ali herself has suffered from).

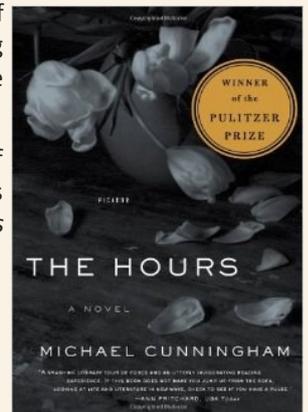
**Anna Karenina by Leo Tolstoy:** The story of how the restrictions on Anna's life in 19th century Russia lead her to despair and suicide.

Heather Rowe (Australia)

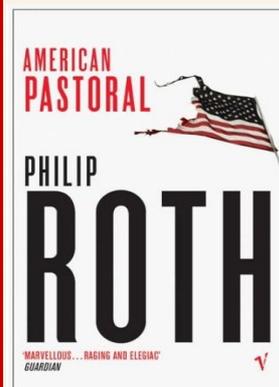
**Cat's Eye by Margaret Atwood:** Extraordinary first-person saga of the experience of being bullied by a school girlfriend, the ensuing anxiety, bulimia, self-harm, dissociation and eagerness to please, the recovery of repressed memories and their ultimate expression in art.

**The Hours by Michael Cunningham:** Works as a social history of twentieth century women's mental health told through the lives of three women. The narratives are linked together by Woolf's *Mrs Dalloway* and the themes of entrapment, depression and suicide.

**Lila by Marilynne Robinson:** An exquisitely poignant but luminous tale of early childhood violent abuse and neglect, the shame, loneliness and mistrust borne of survival, and the painful tentative steps into love, safety and renewal.



Helen Herrman (Australia)



**Fire in the Blood by Irene Nemirovsky:** A posthumously published novel set in rural France before the Second World War. It is a luminously written account of events in the village, reflecting on spirit, love and constancy in the life of a woman. Although unfinished it is a very special depiction of a woman's life and times.

**American Pastoral by Philip Roth:** A daughter's tragic life after a privileged beginning as told by her father.

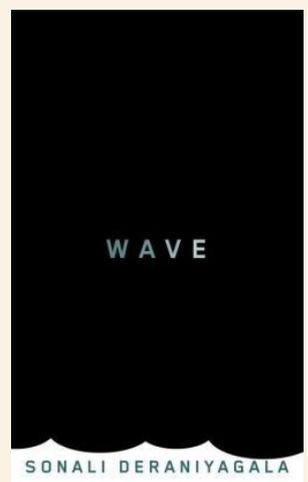
**The Dying Beach by Angela Savage:** It's a story that highlights the hero's determination and interweaves a murder mystery, life in southern Thailand and care for the fragile natural environment.

**Wave by Sonali Deraniyagala:** The most touching memoir of surviving disaster and a book on love, loss and grief. I had visited Galle with my family, exactly a year after the Sri Lankan city had been hit by the Tsunami and even then the devastation was evident. I had silently wept at the loss which families had faced and reading Sonali's words and the stark grief expressed in the pages of her book many years later brought back those memories.

**Persepolis by Marjane Satrapi:** A wonderful, poignant, funny yet serious graphic novel about growing up in Iran under Islamic rule and then after the revolution.

**Unless by Carol Shields:** A disturbing novel which brings forth many of a mother's doubts, fears and insecurities. Reading the story of a young girl of successful parents choosing to be homeless and begging on the streets of Toronto was not easy, but Carol Shield's compelling style and the threadbare emotional descriptions made this a wonderful book for me.

Prabha S Chandra (India)



## Publications in books

### **Psychopathology in women. Incorporating Gender Perspective into Descriptive Psychopathology, ISBN 978-3-319-05870-2**

Margarita Sáenz-Herrero,  
Editor

### **Eating Disorders and Obesity: A Comprehensive Approach**

Gaviria Arbeláez SL, Chapter:  
The cult of the body: Origin of new psychopathological expressions in women

### **Violence in the XXI Century**

Alejandra Maddocks, Chapter:  
Intrafamily violence and mental health – Psychosocial intervention

### **Joint Perinatal Psychiatric Care for Parents and Infants, Springer, in press**

Editors: Sutter-Dallay AL,  
Glangeaud-Freudenthal NMC,  
Guedeney A, Riecher-Rössler A

## We Love Great Ideas!

We are always looking forward to hearing from our readers. If you have any suggestions or personal news for future newsletters, do write to us. We would also like your feedback on the current issue and any ideas you may have for the ones to come. Tell us what you are doing so we can share it with the world.

Send your suggestions to:

**info@iawmh.org**

## Member Reports

### **Lisa Andermann**

Lisa authored a new chapter on cultural issues in women's mental health published in the Clinical Manual of Cultural Psychiatry.

### **Silvia Lucía Gaviria Arbeláez**

The Chair for "Women's Health" was created between CES University (Department of Psychiatry) and University of Rutgers (deanship of Global Health). The VI International Congress of Medicine and Mental Health of Women was held in Medellin, Colombia. The meeting of women leaders APAL was held on November 25, 2014, in Cartagena de Indias, Colombia.

### **Anne Buist**

Anne authored a fiction novel, *Medea's Curse*, which is a psychological thriller about infanticide.

### **Prabha S Chandra**

Prabha was a plenary speaker on women's mental health - innovations and interventions, at the World Psychiatric Association Regional Conference, Osaka, Japan, June, 2015. She is also Member, Scientific Publications Committee, WPA. She received a Medical Research Council, UK - DFID - Department of Biotechnology, India grant for work on *A multicomponent intervention to reduce home-exposure to second-hand smoke (SHS) during pregnancy*.

### **Sabin Fernbacher**

Sabin is the Vice Chair of the Women's Mental Health Network Victoria ([www.wmhmv.org.au](http://www.wmhmv.org.au)). She is the Chair for the Gender Sensitivity and Safety Committee which is part of the Trauma Informed Care (TIC) Reflective Practice: Gender Sensitivity and Safety Leadership Group.

### **Margarita Sáenz-Herrero**

Margarita is the Vice President of Society of History and Philosophy and Psychiatry. She is on the Organizing and Scientific Committee of the IX Conference of Society in Madrid, Spain, 2015 (Gender as Paradigm in Psychopathology). She published a novel *Tarhadas*, in Spanish, about women, sorrow, mothers and girls, and won the first prize in a local festival of stories against gender violence with a short story *la niña de las coletas y la correa de perro* (The girl with pig tails and a leash dog).

### **Helen Herrman**

Helen became President Elect of the World Psychiatric Association in 2014, with her term as President to begin in 2017. She is the chief investigator for a 5-year study (the Ripple project), funded by Australia's National Health and Medical Research Council, that aims to develop an innovative, systematic and affordable approach to improving mental health for young people aged 12-17 years living in Out-of-Home Care. A satellite project of Ripple is the Bounce project, which is pilot testing a youth peer leadership intervention program. She is Director of the World Health Organization (WHO) Collaborating Centre for mental health in Melbourne.

### **Louise Howard**

Louise chaired the NICE guidance on antenatal and postnatal mental health update. As part of the NICE guidelines process a specialist quality standards committee is now discussing how the NHS in England should implement them and what standards of practice should be measured to ensure implementation. The government has given 75 million pounds to the NHS to improve perinatal mental health services and Louise has been appointed as National Clinical Advisor to help inform NHS England on how to improve services with this money.

### **Rutger Jan van der Gaag**

In June, a document titled *An Agenda for Research and Practice in Gender and Health*, was presented to the Minister of Health. It has since been presented to the governing bodies of the universities. It sets the agenda and priorities in research and practice taking gender into account and raises awareness for gender issues in the medical and social domain.

## Upcoming Events

March 6-9, 2017 — Dublin, Ireland

### **7th World Congress on Women's Mental Health**

1-3 October, 2015 — Fairmont Singapore

### **Regional Congress of the World Federation for Mental Health**

*Co-hosted by Raffles College of Higher Education and Silver Ribbon Singapore, the Congress is inspired by the theme "Innovations in mental health care through holistic interventions in the Asia-Pacific region."*

[www.wfmhsingapore2015.com](http://www.wfmhsingapore2015.com)

4-6 November, 2015 — Chicago, Illinois, USA

### **2nd Biennial Perinatal Mental Health Conference**

*Translational Research in Perinatal Mental Health: Laboratory to Bedside to Community Practice*

[www.perinatalmentalhealth.com](http://www.perinatalmentalhealth.com)

8-10 April, 2016 — New York City, USA

### **North American Society for Psychosocial Obstetrics & Gynecology (NASPOG) 2016 Biennial Meeting**

[www.nasvog.org](http://www.nasvog.org)

12-14 May, 2016 — Malaga, Spain

### **International Society of Psychosomatic Obstetrics and Gynecology (IPSOG) 18th IPSOG Congress**

<http://ispog2016.es>

## Disclaimer

The views and opinions expressed in these reports are solely those of the individuals noted and are not necessarily either shared or endorsed by IAWMH, its leadership or members.

### **Jayashri Kulkarni**

Jayashri won the prestigious Melbourne Award in November 2014 for her services to Women's Mental Health in Melbourne. She and her colleagues won the Mental Health Minister's award for innovative practice for the Women's Mental Health Clinic. She has been involved in many workshops and symposia on women's mental health including for the Australian Federal Police, the Magistrates of Vicotria, the Royal Australian College for General Practitioners, to name a few. Her current research projects include *Improving the safety of inpatient psychiatry units for women patients*, *The oral contraceptive pill and depression*, and *Correlation of past trauma in women with borderline PD*.

### **Elena Levin**

Elena organized and coordinated Austria's first workshop in the Argentine-Austrian Conference on Mental Health of Women. It was hosted by Ambassador Karin Proidl.

### **Alejandra Maddocks**

Alejandra was re-elected to the Board of Trustees of the Argentine Society of Medical Women chapter of the Argentine Medical Association. She's co-authored the book *Violence in the XXI century*, Chapter: *Intrafamily violence and mental health – Psychosocial intervention*.

### **Unaiza Niaz**

Unaiza was invited to the Kuwait University Hospital to conduct a workshop on violence against women and to create awareness on domestic violence in the community. She also gave a lecture on the ethics of the doctor-patient relationship. Unaiza has also been awarded membership of The Arab Federation of Psychiatrists.

### **Jean Marie Place**

A few articles were published in collaboration with the National Institute of Public Health in Mexico, on the topic of postpartum depression among Mexican women. They include a content review of policy on women's mental health, epidemiological research on risk factors, and qualitative research on public-sector healthcare providers' perceptions of postpartum depression.

### **Gail Erlick Robinson**

Gail was the editor and co-writer of four chapters on women's mental health in a major publication on consultation-liaison, due out this year. She was re-elected to the Board of Trustees of the American Psychiatric Association. She was also appointed as the first Vice-President of the American College of Psychiatrists. She's also a member of the Ontario Minister of Health's Task force on Sexual Abuse of Patients.

### **Marta B Rondon**

Marta appeared as an expert witness before the Commission of Justice of the Peruvian Congress on the mental health implications of abortion for sexual violence linked pregnancies. She is also participating as an advisor in a Grand Challenges funded project to incorporate the recognition and management of depression during pregnancy in Ventanilla, Peru, using EMR and SMS.

### **Anita Reicher Rossler**

At the European Psychiatric Association, Anita is the Chair of the Section of Women, Gender and Mental Health, Co-chair of the Section of Prevention of Mental Disorders, and Member of the Section of Psychotherapy. She's a Board Member at the Society of Female Lecturers of the University of Basel [Vereinigung Basler Universitätsdozentinnen]. She is also a member of the women's mental health section at the WPA.

### **Heather Rowe**

International Society of Psychosomatic Obstetrics and Gynaecology (IPSOG) and IAWMH expressed their mutual support and collaboration into the future during the Tokyo conference. The next IPSOG Congress will be held in Malaga, Spain in May 2016. Members of IAWMH are invited to participate at the Congress.

## Contact Us

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[www.iawmh.org](http://www.iawmh.org)

### Donna Stewart

The Public Health Agency of Canada has granted 4.4 million Canadian dollars to develop knowledge synthesis and curriculum on family violence in Canada. Donna Stewart was appointed Head of Research and Academic Development in the UHN Centre for Mental Health in Toronto. She will be giving presentations at WPA Congresses in Bucharest, Taiwan and Istanbul.

### Judith Usall

The Catalan Research Workgroup on Women's Mental Health organized the first European meeting on Gender and Psychosis, supported by European Psychiatric Association (EPA) and the IAWMH. The program was devoted to various aspects of psychosis in women, and the influence of gender in the pathogenesis, clinical and prognosis of psychotic disorders. Information about the Congress can be found at <http://www.wmhbcn.com/>.

### Sarah Mallard Wakefield

Sarah joined faculty in November 2014 at Texas Tech University Health Sciences Center School of Medicine Department of Psychiatry in Lubbock, Texas. She established a perinatal psychiatry clinic with referrals from Maternal Fetal Medicine and general OBs seeing pregnant and post-partum women and providing general consultation to OBs regarding mental health care of this group of women.

### Anne Sved Williams

Ann is involved in the organization of the program for the Australasian Marce Society for Perinatal Mental Health which is to be held in Adelaide, South Australia, from October 22-24, 2015.

## SPOTLIGHT

### Women's Mental Health in the Sahara — FOGAW

In this issue we also introduce SPOTLIGHT, where we feature novel initiatives for women's mental health from around the world.

**FOGAW:** In response to the vast gap between mental health needs of girls and women in sub-Saharan Africa and available services, **'Focus on girls and women (FOGAW)'** was established in 2015 in the John D and Catherine T supported Centre for Child and Adolescent Mental Health (CCAMH), University of Ibadan, Ibadan, Nigeria. The object of the Centre is to enable the rapid development of training, research and services for the mental health needs of girls and women on the continent.



The coming together of professionals in FOGAW will also promote gender-sensitive mental health services for girls and women and to advance collaboration between societies to improve the girl-child and women's mental health.

The priority areas for immediate action are Gender-Based Violence such as harmful traditional practices like Female Genital Cutting (FGC). Girl-child and women empowerment issues such as girl-child education, elimination of child marriage and issues of child rearing are significant areas. Reproductive mental health including reproductive and sexual health and rights will receive attention from the onset.

As a part of activities to address this theme, the Centre for Child and Adolescent Mental Health, launched FOGAW and in line with the theme, Professor Olayinka Omigbodun gave a key note address titled the 'Mental Health of the Girl-Child: Conflicts in Culture & Child Rights'. Professor Abiola Odejide, Emeritus Professor of Communication and Language Arts, and leading African researcher in gender studies chaired the occasion, while Dr. Boladale Mapayi gave a presentation on the vision and mission of FOGAW.



## A Note from the Editor

What makes a newsletter unique? This is the question I grappled with as the editor of this edition. My predecessors had done a wonderful job of bringing out the IAWMH newsletter regularly and sharing news and activities that bind all of us in the IAWMH membership, and help us stay in touch between conferences and meetings.

After the success and the energy of the Tokyo conference, I realized it was time for us to aim higher and bring in some newer elements that enhance networking and also put the spotlight on newer and interesting initiatives around the world.

In this issue, we have looked at the past in order to better inform the future and got some of our earliest members to recapitulate our history and how it all began. We have also started two new columns - Spotlight and Top Three. Spotlight will focus on novel initiatives for women's mental health and this time the article is from Africa. Top Three will aim at sharing books, articles and films related to women's mental health.

We want this newsletter to be a showcase of our energetic and vibrant members who are doing wonderful work to improve women's mental health around the world.

Please give us feedback and also let us know how you would like this newsletter to evolve.

Prabha S Chandra

