This interactive workshop takes us into the heart of major challenges/opportunities facing humanity. We explore ways to relevantly connect and contribute more globally as mental health professionals, emphasizing the overlapping domains of global mental health (GMH) and global member care (GMC). We identify new directions and practical applications for our integration work.

[Surprises and setbacks] should not deter us from responding as best we can, using our talents to improve this always mixed record of trying “to save generations from the scourge or war,” “to reaffirm faith in fundamental human rights,” and to promote “social progress and better standards of life in larger freedom.” The original Preamble to the Charter of the United Nations had it right. The question is, can we do it? Paul Kennedy, The Parliament of Man (2006, p. 279)

Is it time to further tweak our paradigms—and skill sets—for greater involvement in mental health and "international things"? Yes indeed! This interactive workshop explores the opportunities for mental health professionals (MHPs) to intentionally integrate their professional skills and activities more globally—global integration (GI). It will help MHPs to access new resources, shape some new mindsets, identify new skills, and consider how they can chart their course in GI.

GI is an emerging practice through which MHPs connect and contribute as “forces for good,” on behalf of the challenges facing humanity. It involves “responding as best we can” and “using our talents” to cross cultures and countries, disciplines and sectors, time zones and comfort zones in order to stretch our thinking, practice, and impact on the world.

A major focus of the workshop will be to overview the overlapping domains of global mental health (GMH) and global member care (GMC). Both GMH and GMC are international, interdisciplinary, and multisectoral efforts that promote human wellbeing especially among vulnerable populations. GMH, founded upon clinical/behavioral science, public health, cross-cultural studies, and human rights, emphasizes health equity and quality health for all. GMC, founded on health sciences, human resource management, cross-cultural studies, and human rights, emphasizes supportive resources for humanitarian/mission workers. We will discuss conceptual foundations for these two domains and consider practical applications for our work (using personal examples, key publications, and short videos). Ten key areas common to GMH/GMC will be used as a framework, such as research, resolutions, clinical/public health resources, and training.

**Learning Objectives**

1. **Principles:** Define Global Integration, Global Mental Health, and Global Member Care and identify three foundational principles for each domain.

2. **Resources:** Identify three key resources from Global Mental Health and Global Member Care relevant for your integration work.

3. **Strategies:** Identify three specific strategies to help you further connect and contribute to Global Integration.
1. **Crossing sectors.** Sectors are large, amorphous yet recognizable entities that bring together people and resources for a broad purpose to benefit society. Three relevant sectors for the member care field:

   - **Humanitarian Assistance Sector:** common commitment for supporting and managing international and local staff, in maintaining effective organizations, etc.
   - **Human Health Sector:** common commitment to promote human wellness through research and resources, advocacy and policies at all levels of society, etc.
   - **Human Resources Sector:** common commitment to fulfill organizational objectives by managing and developing human resource systems and by promoting staff/volunteer wellbeing, skills etc.

2. **Global Integration—Mental Health (GI-MH).** GI-MH is an emerging domain with roots in the integration of mental health and theology. It involves people with character, competence, and compassion who actively connect and contribute as “forces for good” in order to skillfully address serious challenges facing humanity. They cross cultures and countries, disciplines and sectors, time zones and comfort zones in order to stretch their thinking, practice, and impact on the world. From a Christian perspective, GI ultimately involves how we integrate our lives into global involvements for God’s glory. ([Global Integration, CORE Member Care weblog, 2011](http://www.core.org/MemberCareWeblog))

3. **Global Member Care (GMC).** GMC is an interdisciplinary, international, trans-cultural, and multi-sectoral field that focuses on supporting the diversity of mission/aid personnel and sending groups. It involves the provision and development of quality resources to promote wellbeing, resiliency, and effectiveness. Pre-field training/orientation, personnel departments, children’s education, clinical/pastoral counseling, crisis management, coaching, skill training, and reentry preparation are all part of member care.

4. **Global Mental Health (GMH).** GMH is an international, interdisciplinary, and multi-sectoral domain which promotes human well-being, the right to health, and equity in health for all. It encourages healthy behaviours and lifestyles; is committed to preventing and treating mental, neurological, and substance use conditions; and seeks to improve policies and programs, professional practices and research, advocacy and awareness, and social and environmental factors that affect health and well-being. ([GMH--Finding Your Niches and Networks, Psychology International, March 2012](http://www.psychologyinternational.org))
Our GI exploration has really just begun. It awaits development by other colleagues in the field of integration (ranging from senior to early career to students). These are colleagues who recognize the opportunity and duty to take integration far more globally. I believe that their moral courage and competencies will chart a strategic course for GI, right into the heart of the challenges facing humanity.

Here is a list of the 10 areas that provide a framework and direction for our journey into GI (see the CORE Member Care weblog).  [http://coremembercare.blogspot.fr/search/label/global%20integration](http://coremembercare.blogspot.fr/search/label/global%20integration)

### 1. Foundations and Directions
GI involves: growing deeply and going broadly; building on foundations; developing new competencies; breaking bubbles; crossing sectors; taking risks; and challenging the status quo. And doing all these things on behalf of humanity in need.

### 2. Windows and Agendas
Depending on the work-life expectancy for those involved in integration, there is a 10-40 year “window” of development. What will integration be like and where will it be during this time period—from now until say 2050? Should we intentionally shape it in different ways? If so, how?

### 3. Tran(s)pan in the GI Commons
We must go further and deeper if we are to truly develop GI, or better, a “GI Commons” in which a diversity of humans can meet on a level field for mutual exchanges and mutual support. Something new needs to emerge…I think it will involve in its core a shift in mentality and a shift in lifestyle.

### 4. Global Integration and Psychology International
As we stay in touch with global mental health resources and developments, including psychology international, we will be better equipped to provide member care in mission/aid and beyond.

### 5. Mapping GI
Based on Kelly’s recent article on global mental health, six initial categories of resources and involvement are suggested for “mapping” GI. These include: organizations, publications, conferences, training, human rights, and humanitarian action.

### 6. Finding Our GI Voices
How can we practically connect and contribute, with some current examples involving global health and the United Nations.

### 7. GI Footprints
We explore where GI is making its mark and where it is not. Where does integration need to go globally?

### 8. Climbing or Confining: Three Commitments for GI
Reviews the need for staying current, reviewing resources, and being actively involved in GI.

### 9. Drafting Your GI Statement
Suggestions for writing a short personal statement about how your work, life, values, and aspirations connect/contribute to the global world.

### 10. Conclusion: Moral Courage and Global Duty
Humanity is waiting. What are we waiting for?
CHOPS Inventory—Supporting Mis/Aid Workers

Cross-cultural workers can have experiences that make them feel like "sheep in the midst of wolves." This exercise explores ten "wolves"—which we refer to as stressors—that workers frequently encounter. We use the acronym "CHOPS" as a way to help identify and deal with these stress-producing "wolves". Note that each stressor can be both a source of stress and/or a symptom of stress.

<table>
<thead>
<tr>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Using a separate piece of paper, write down some of the stressors that you have experienced over the past several months. Refer to the 10 stressors and some of the examples mentioned below. Put these under a column labelled &quot;Struggles.&quot;</td>
</tr>
<tr>
<td>2. In a second column, &quot;Successes&quot;, list some of the helpful ways you have dealt with stress during the last several months.</td>
</tr>
<tr>
<td>3. Next, under a &quot;Strategies&quot; column, list ideas for better managing stress in the future.</td>
</tr>
<tr>
<td>4. You may also want to do the same with some important people in your life, such as individuals and groups found at the bottom of this page. Discuss your responses with a close friend.</td>
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</table>

<table>
<thead>
<tr>
<th>Struggles</th>
<th>Successes</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cultural</strong> (getting needs met in unfamiliar ways: language learning, culture shock, reentry) feeling rejected, overlooked, or undervalued by the dominant “international” mis/aid culture; gender bias, prejudice, lack of opportunity/freedom</td>
<td></td>
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<tr>
<td><strong>Crises</strong> (potentially traumatic events: natural disasters, wars, accidents, political instability) protracted armed conflicts and physical threats, one’s own community and country affected</td>
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<tr>
<td><strong>Historical</strong> (unresolved past areas of personal and social struggle: family of origin issues, personal weaknesses) lack of educational, health, economic opportunities (i.e. social determinants of health)</td>
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<tr>
<td><strong>Human</strong> (relationships: with family members, colleagues, nationals: raising children, couple conflict, struggles with team members, social opposition) caring for ageing parents, few school options, human rights violations, persecution, discrimination, stigma</td>
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<td></td>
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<tr>
<td><strong>Occupational</strong> (job-specific challenges and pressures: work load, travel schedule, exposure to people with problems, job satisfaction, more training, government &quot;red tape&quot;) job insecurity, short-term contracts, mis/aid work not understood or respected</td>
<td></td>
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<tr>
<td><strong>Organisational</strong> (governance and management: incongruence between one's background and the organisational ethos, policies, work style, expectations; incompetence, corruption, abusive leadership, dysfunction, disability practices) legal protection, training</td>
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<td></td>
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<tr>
<td><strong>Physical</strong> (overall health and factors that affect it: nutrition, climate, illness, ageing, environment) no medical resources/insurance and inadequate nutritional options, injuries/road traffic accidents</td>
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<tr>
<td><strong>Psychological</strong> (overall emotional stability and self-esteem: loneliness, frustration, depression, unwanted habits, developmental issues/stage of life issues) cumulative impact of “adverse life events”</td>
<td></td>
<td></td>
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<tr>
<td><strong>Support</strong> (resources to sustain one's work: finances, housing, clerical/technical help, donor contact) minimum pay and financial support, finances used for survival and not just for one’s mis/aid work</td>
<td></td>
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<tr>
<td><strong>Spiritual</strong> (God and/or transcendent values: meaning, evil, inner growth, practices/disciplines) lack of trust/respect for spiritual leaders</td>
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</table>

Answers apply to (circle): self, spouse, child, friend, department, team, company, other
(available in Chinese, Korean, Arabic, Bahasa Indonesia, German, Spanish, and Portuguese)

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# Global Mental Health Action Plan

## Objectives and Targets

**Goal:**

To promote mental well-being, prevent mental disorders, and reduce the mortality and disability for persons with mental disorders.

### Cross-cutting Principles

Free from stigma and discrimination.

### Vision

A world in which mental health is valued, mental disorders are effectively prevented and in which persons affected by these disorders are able to access evidence-based health and social care and realise the full range of human rights to attain the highest possible level of health and functioning.

### Global Mental Health Action Plan

<table>
<thead>
<tr>
<th>Objective</th>
<th>Target</th>
<th>Indicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. To provide comprehensive, user-friendly, and accessible mental health and social care services</td>
<td>80% of countries will have at least two mental health professionals per 100,000 population by 2020.</td>
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<tr>
<td>2. To strengthen mental health systems, finance, and research</td>
<td>60% of countries will have at least one mental health investment strategy and one mental health research priority by 2020.</td>
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<tr>
<td>3. To improve mental health promotion and prevention</td>
<td>50% of countries will have at least one mental health promotion and prevention strategy by 2020.</td>
<td></td>
</tr>
<tr>
<td>4. To strengthen information systems, evidence and research</td>
<td>80% of countries will have at least one mental health statistics strategy by 2020.</td>
<td></td>
</tr>
</tbody>
</table>
Note: Three of the main sources for the material to be presented:


3. Global Mental Health: A Resource Primer for Exploring the Domain (International Perspectives in Psychology: Research, Practice, Consultation, July 2012). This is a major research article with an extensive listing of GMH resources, prioritizing those from the last 10 years. The resources are categorized into six areas: organizations, publications, conferences, training, human rights, and humanitarian. It is available on the GMH-Map website. [https://sites.google.com/site/gmhmap/](https://sites.google.com/site/gmhmap/)

1. Global Mental Health


2. Global Member Care


3. Global Integration


Grand Challenges in Global Health (2012). [http://www.grandchallenges.org/about/Pages/Overview.aspx](http://www.grandchallenges.org/about/Pages/Overview.aspx)


*Journal of Psychology and Theology*. (2012). Conceptualizing the past, present and future of the integration of psychology and theology. 40(1) and 40(2).


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