



Foreword

Forty five years ago the organization that is now the Federation Global Initiative on Psychiatry was founded in Paris as an answer to the ongoing abuse of psychiatry for political purposes. It was to be a temporary organization, with a singular goal – bring an end to these abuses – but in the course of time the organization has grown into a global movement to reform mental health care services, combat human rights abuses in mental health, give a voice to persons with lived experience and empower agents of change in mental health globally. Quite a development for an organization that throughout the years has tried to do as much as possible - with limited financial means, but with an ever growing group of persons who believe in our mission and vision and who support us in every way they can, without expecting anything in return.

This FGIP spirit, which is still very strong and vibrant, will help us to continue to grow in the coming five years. The small group of dedicated people that established the organization in Paris has grown into a multi-national and multi-continental group of equally dedicated people that over the years have made a real difference. Wherever you go – Europe, Africa, Asia – you will find amazing initiatives that are the result of this commitment.

The coming five years we intend to continue to build on these successes, in the same manner: building up from grassroots level while trying to change policy from above, low-budget initiatives that are carried by local agents of change and with a limited budget, and with both sustainability and involvement of persons with lived experience being essential elements in the plans. We understand that reform, change, takes time and cannot be rushed. Changes need to be carried locally, supported by persons determined to carry on also after our involvement, and need to fit in the local social-cultural and economic possibilities. There is always resistance, often understandable, but in the end resistance can be changed into collaboration and support, and the end result becomes even stronger and more widely supported.

Human rights remain the cornerstone of our work. And thus, having persons with lived experience playing a crucial role in our work is nothing but logical and an absolute necessity.

We are ready for the next five years. And we hope you will be ready and willing to support us in this endeavor, and help us to make a change where change is so much needed.

Robert van Voren

Chief Executive and co-Founder of FGIP

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FGIP is uniquely placed to put human rights at the heart of mental health policies and build model practices to respond to mental health needs and prevent mental health related discrimination.

Our background

Over the past 45 years, we built an outstanding reputation at the intersection of human rights and mental health. We built trusted networks around the globe. As we contemplate the coming years, we want to build on the values that bind the Federation together and build on the unique position of the Federation as an individual entity alongside its members organizations.

We support people and institutions in overcoming stigma, fighting discrimination and other ways in which misunderstandings about mental health play(ed) out. We have a track record in supporting institutions at professional and consumer level in evolving their standards to better meet the needs of patients and professionals alike. We strive to enable mental health carers – both individuals and institutions – to deliver the best care for all their clients. We strongly believe in the capacity of people to make decisions for themselves, including in dire mental circumstances. We have seen the positive impact of support from others with similar experience in mental health crises and we strive to foster/nurture settings in which this is possible.

We built our successes through the visibility of the partners we worked with. Often, our approach is to build up a network responding to needs in a manner giving public credit to the partners and institutions — public or private — that will inherit the implementation of the project created.

FGIP – Human Rights in Mental Health will turn 50 in 2030; this strategy will help us build on our wealth of experience, skills, insight, and the Federation's membership, to make the organization sustainable while going through management transition.

Our History and National Membership

Under the name International Association on the Political Use of Psychiatry (IAPUP), the Federation Global Initiative on Psychiatry (FGIP) started as a volunteer human rights organization with the goal to end the incarceration of dissidents in psychiatric hospitals. Over the years, FGIP developed a large network of contacts, allies and friends all around the world that promote human and ethical mental health care for all.

During its first decade (1980-1990), the FGIP was the driving organization behind the global campaign against the abuse of psychiatry in the countries of former Soviet Union (USSR). Bringing together a wide range of allies from the psychiatric profession, but also the diplomatic community and the media, it succeeded in 1988 when the Soviet psychiatric association, during the annual congress of the World Psychiatric Association, publicly admitted the systematic abuse of psychiatry on dissidents, activists and human rights defenders and promised the release of all political prisoners from psychiatric hospitals, the gulags and other detention centers.

Renamed the Geneva Initiative on Psychiatry (1991), and then Global Initiative on Psychiatry (GIP) in 2005, the FGIP initiated

and accompanied fundamental reform processes within the Central & Eastern Europe mental health.

In 2011, the FGIP became the federation it is today. Today, FGIP is uniting its independent member organizations from Belgium, Bulgaria, Georgia, Lithuania, Luxembourg, Netherlands, Sri Lanka, Ukraine, and the United States of America, under one umbrella. With each of its members pursuing their own missions to deliver ethical and humane mental health care, the federation places at the center of its work rehabilitation, trauma care, prison mental health and treatment for underserved communities, such as victims of war and state repression.

Over the past decade, FGIP has been involved in the provision of assessments of social care homes, prison mental health care services, and forensic psychiatry in a variety of countries all over the world and it developed a special program to combat the social isolation of persons with COVID-19 related mental health challenges. In Eastern and Central Europe, and especially for Ukrainian and Russian speakers, it has developed popular social media campaigns against the discrimination and deprivation of mental health care; it incubated an online mental health and trauma support program for victims of both political abuse and violent conflict; and it established a crisis center in Lithuania for Ukrainian refugees and a rehabilitation program for the military at the Lithuanian military rehabilitation center. Currently, the FGIP is the driving force behind the Veteran Mental Health Center of Excellence in Ukraine. This center aims to train professionals working with veterans on all topics related to mental health in the Ukraine. Throughout all these times, FGIP continued to raise awareness on and advocate for ethical and human mental health care around the world, and against the ongoing abuse of psychiatry in Russia and elsewhere in the globe.

Our Human Rights-Based Approach

All human beings are entitled to all human rights. This is particularly true of persons who are often pushed to the margins such as persons with mental health challenges. Grounded in the provision of community-based support, we strive to ensure that persons with mental health challenges, their supporters (family members and others), as well as health professionals enable an independent life in the community with access to the highest attainable standard of health and are not discriminated in the enjoyment of any human right. To that effect, we support mental health care delivery steeped in human rights and cognizant of individual's needs, including the right to decision-making, non-discrimination, equality and the freedom from stigma, access to peer support, the right to rehabilitation, as well as recovery and highly accessible community-based services.

The right to health as enshrined in the Universal Declaration of Human Rights, and further developed particularly in the Covenant on Economic, Social and Cultural Rights (Art 12), has to be implemented at the minimum through accessibility, availability, affordability and adequacy. The nature and perception of mental health challenges, particularly prevalent stigma, requires adequate responses to deliver services that meet the needs of patients, their supporters and the professionals involved in their care. All persons' right to enjoy all fundamental human rights shall not be compromised on an equal basis with others. While striving to ensure health care delivery based on informed consent and therewith without force, such instances – when all alternate measures have been exhausted – shall be kept to an absolute minimum with immediate meaningful efforts for recovery and rehabilitation. We are cognizant of the impact of abusive experiences in mental health, which often lead to trauma and to the avoidance of needed care. Legal protections, particularly the oversight through independent monitoring is paramount to minimize potential harm in such situations. As stipulated by

the Convention on the Rights of Persons with Disabilities (CRPD), we are determined to deliver community-based interventions that involve broad participation and peer support.

De-institutionalization is paramount to achieve state of the art mental health care delivery, as is ensuring the right to legal capacity and the respect for a person's will and preferences – also with support. Mental health related discrimination is rampant throughout the world and it presents in various forms, including structural discrimination and abuse in mental health care settings. Training professionals to understand the causes and consequences of such perceptions of mental health and mental health patients is of paramount importance to us.

While looking to strengthening rights- based mental health, we are deeply aware of the many abuses of mental health and measures taken – and eschewed – in the name of mental health, which intend(ed) to and accepted violations of human rights at various scales. We are adamant that the use, denial or appearance of abuse of mental health for political purposes, including labelling civil disobedience as antisocial personality disorder, is a human rights violation.

Our Shared Vision, Mission, Values, and Principles

Our Global Vision

We envision societies free from mental health related stigma, discrimination and injustice, in which every person can realize their potential and enjoy their rights in full.

Our Global Mission

The global mission of FGIP is to develop human rights-based policies, systems, and practices in mental health. To ensure sustainability, FGIP empowers people, engages communities and authorities, consistently together with people with lived experience. We expose and counter politically motivated abuses and misuse in mental health wherever it occurs.

Eight Values Binding FGIP Together

The values that guide our work and unite us as a global federation are underpinned by the principle that all people have dignity by themselves regardless of their capacity:

- **Respect:** We acknowledge the inherent worth and dignity of every individual.
- **Trust:** We believe in the reliability, integrity, and competence of individuals involved in promoting mental health related human rights and care.
- **Inclusion:** We advocate for equitable access, participation, and representation of all individuals in decision-making processes and society at large and we ourselves always include people with lived experience in our work.
- **Humanity:** We recognize and honor the fundamental rights, needs, and dignity of every person and we are grounded in empathy and compassion.
- **True partnership:** We build genuine connections and supportive relationships within FGIP and its partners that provide comfort, understanding, and encouragement to those involved, fostering a sense of belonging and solidarity.
- **Anti-totalitarianism:** We advocate against oppressive and coercive practices that infringe upon the rights, autonomy, and dignity of concerned individuals, promoting democratic and participatory approaches instead.
- **Freedom:** We believe that the voices of people with lived experiences should be heard and taken in account at all levels of public health and that policies at the national level should secure their individual freedoms, including through reinforcing de-institutionalization and community-based services.
- **International Human Rights Law:** At a time at which international human rights law and multilateralism is challenged and disregarded, we see international human rights law as an intrinsic value at the core of our approach.

Three Principles of Work for FGIP

Our shared values come in conjunction with a strong belief in three key principles:

1

Do no harm: As a human rights organization, we ensure that our actions, policies we advocate for, and practices we promote prioritize the well-being and safety of individuals by minimizing potential risks and avoiding actions that could cause physical, psychological, or social harm.

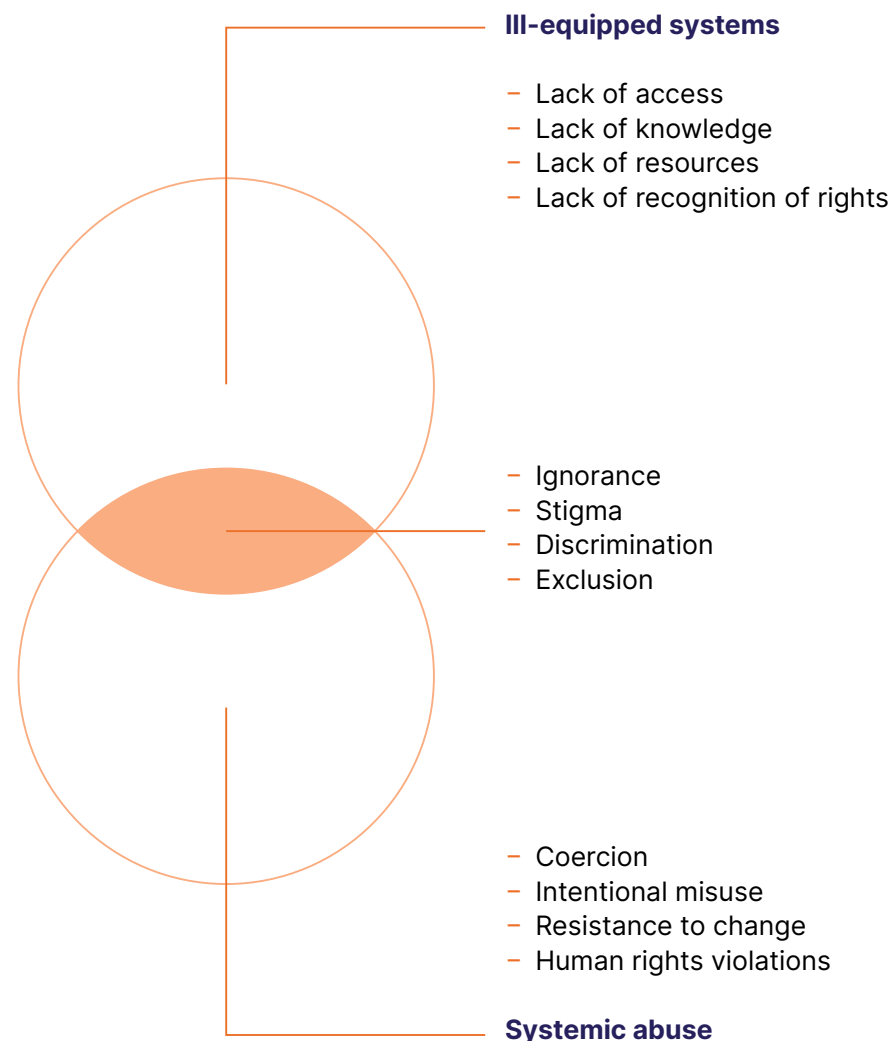
2

Human rights-based approach: We guide mental health work through the principles and standards set forth in international human rights instruments, to ensure that all individuals have access to quality care, dignity, and the enjoyment of their rights in full, with a focus on empowerment, non-discrimination, participation, and accountability.

3

Independence: We maintain our autonomy and freedom from external influence or conflicts of interest in mental health work, allowing professionals, organizations, and advocates to operate with integrity, impartiality, and without undue pressure. Furthermore, FGIP has adopted corporate sponsorship guidelines, clearly indicated in which manner FGIP can accept funding from the private sector.

Our global context



III-Equipped Systems

We work in societies in which individuals needing mental health care remain stigmatized and in which lack of knowledge and resources leads to poor health care, discrimination, and inequality in access to mental health care, holding individuals back from being able to fully participate in society, realize their potential and enjoy their rights. For such individuals, it feels like their right to enjoy human rights in full is not recognized.

Ambition 1

We address these ill-equipped systems through cooperation with national stakeholders, in particular mental health professionals in such contexts, tailoring our intervention and training to local needs, and investing into long-term systemic reform.

Our partners

In such contexts, our allies range from mental health professionals, public health officials and organizations of people with lived experiences, to lawmakers, national civil society and international development community.

Systemic Abuse

In some contexts, in which we work, health care systems are politically abused, leading to human rights violations and further stigmatization. Intentional misuse of health care leads to often irreversible physical and mental health consequences and abuses. Furthermore, the use of coercion as a tool to manage individuals with mental health challenges remains an issue at a large scale. Resistance to change is one factor explaining the systemic nature of such abuses, where psychiatry is not directly abused to punish dissent.

Ambition 2

We address such human rights violations to lead to system changes and accountability for those responsible of the abuses, misuse, and ultimately harm done.

Our partners

In such contexts, we ally with national and international civil society, including professional associations, mental health professionals, as well as representatives of the international community.

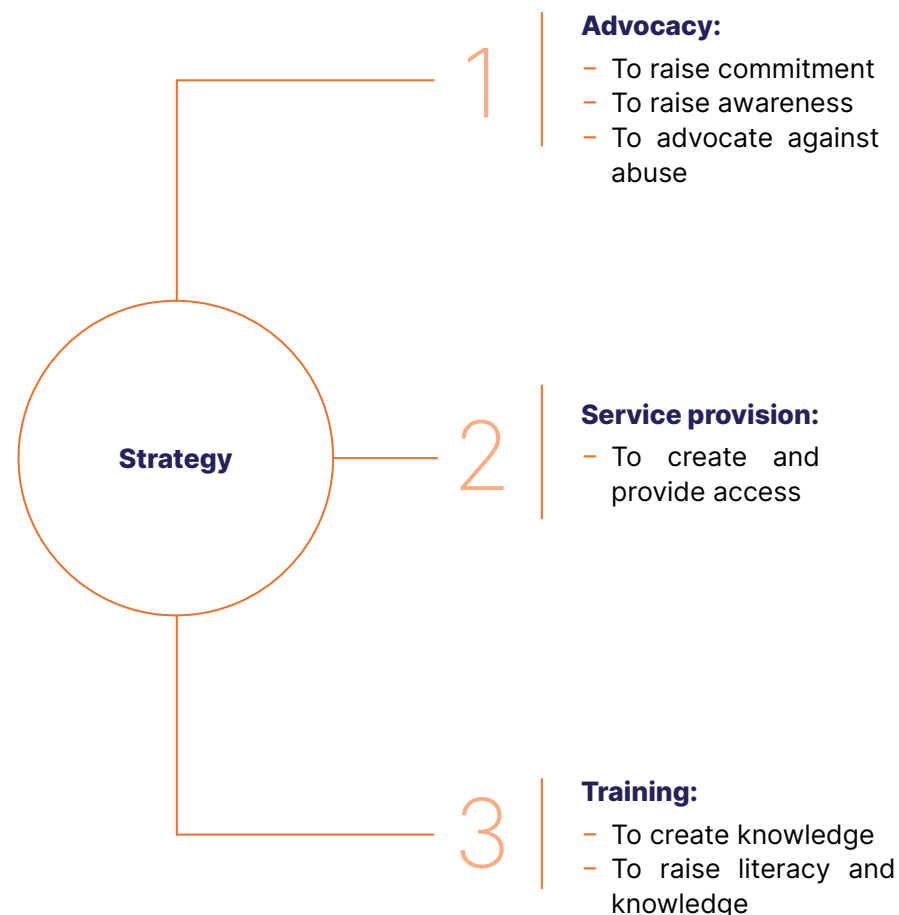
Our Global Network

FGIP is a unique global network of cooperation amongst national institutions promoting human rights in mental health at the national level and associated to a strong international leadership by the Federation itself. Our network unites its members around values and principles, on a basis of equal participation. Each member undertakes their own activities and programs in their country and region, whilst the Federation itself plays an international role in promoting best practices, initiating seed projects, countering abuses, and connecting and growing the network.

Our work at the national and international levels is divided in three levels:



These levels of activity translate in different manners in each country in which we work and are reflected in global FGIP-led work.



Role and Programs of FGIP

Our role within the federation

FGIP's role as a Federation with its national members should be seen in three pillars:

Coordination

Through its role as the heart of the organization, the Federation coordinates advocacy and contacts with the wider network of partners of FGIP and ensures joint learning from shared experiences within FGIP including its national members.

Joint Action

FGIP acts in partnership with one or multiple national members, or the national members amongst each other, including through building up new national entities that can join FGIP. This joint action strengthens the sustainability of projects.

Tailored national implementation

The role of the national members is to ensure that FGIP's action through them is tailored to the national contexts. It is the national members role to adapt their programs and methods in order to implement FGIP's vision and mission.

Our programs and methods as separate entity

The Federation as an entity plays a vital role in coordination with the member organizations of FGIP, complementary to their own work.

We adapt our work methods to the contexts in which we work and to the partners we engage with. Our flexibility is at the heart of our work method. Throughout our programs, we also favor working on policy changes, which we put in practice with our partners. Our work hence adapts to each program and objective.

We organize our work in three adaptable programs:

1 | Global Advocacy and Influence

Through its Global Advocacy and Influence Program, FGIP aims at the following specific objectives:

- Promote and disseminate best practices and experiences from the national level;
- Raise awareness and promote a culture of accountability over gross human rights violations due to abuses and misuse in mental health.

Our global advocacy is one of mobilization of networks and alert when needed to influence policy and push for changes in practice:

- We empower the mental health community and people with lived experience to embrace human rights;
- We raise awareness on human rights with mental health professionals and counter mental health stigma and policies abusing of people with mental health challenges or reducing their enjoyment of human rights;

- We contribute to keeping mental health on the agenda of human rights fora and promote a rights-based approach to mental health and international psychiatric and health organizations;
- When facing abuse and lack of willingness for it to be addressed properly, we document the abuse and disseminate information about it, as last resort to obtain change and safeguard human rights of concerned individuals.

2 | Seed Projects and Best Practices

With a flexible and proactive approach, FGIP uses a pragmatic approach with its Seed Project and Best Practices Program globally to:

- Respond quickly to mental health needs in contexts lacking resources, knowledge, or willingness by national authorities;
- Provide relevant stakeholders with examples and practical guidance on how to increase human rights protections in mental health.

We engage with partners to promote best practices and establish seed projects that exemplify changes in policy:

- We are known by our networks for our ability to respond rapidly and to be able to adapt to the local needs;
- Our rapid response takes a long-term lens;
- We aim at ensuring sustainability through national ownership;
- We undertake such work with the aim of giving visibility to our partners and ensure national ownership;
- Our interventions are based on well-informed and long-term knowledge of the contexts thanks to networks sustained over years.

3 | Institution Building and Sustainability

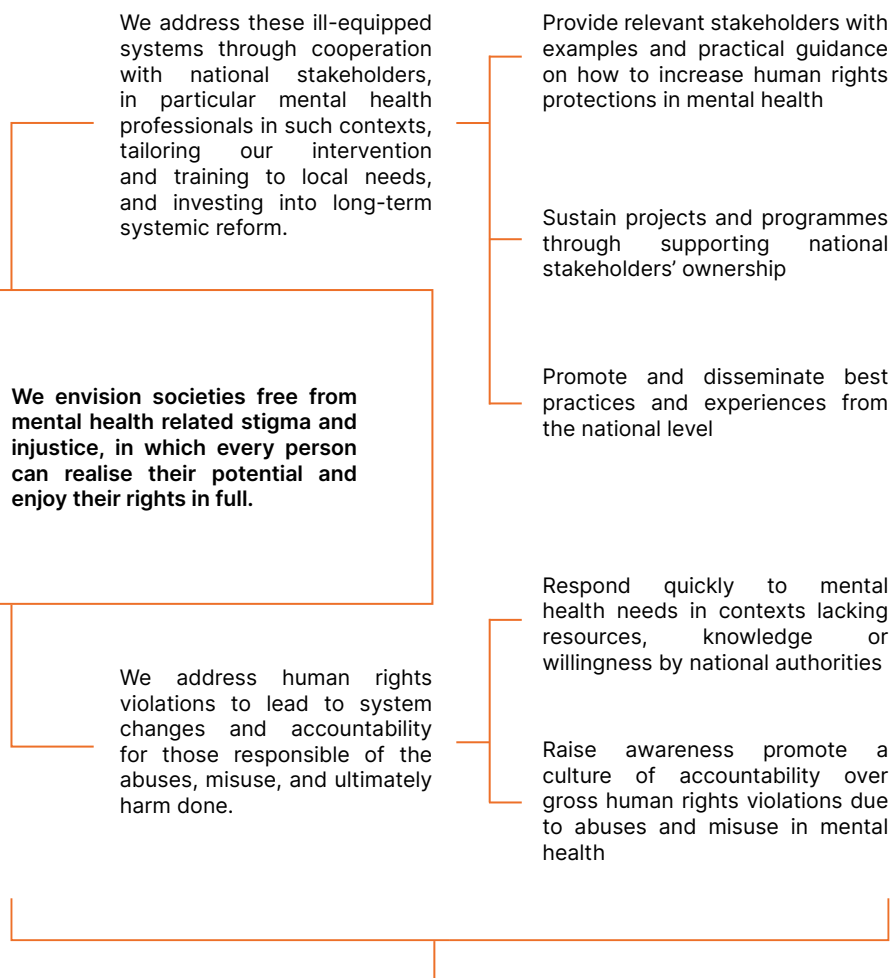
The international forum of cooperation that FGIP constitutes provides a unique space of knowledge and experience, which FGIP aims to build on by:

- Sustain projects and programs through supporting national stakeholders' ownership;
- Reinforce structures of knowledge sharing and exchange amongst FGIP's membership with the participation of human rights and mental health experts as well as people with lived experience.

We contribute to building institutions that ensure interventions are sustainable and prevent policy regression:

- When the context allows it, the Federation as an entity can contribute to establishing a human rights in mental health organization which can in turn become national member of FGIP and further strengthen the Federation and other members;
- When circumstances allow it, we support transfer of projects to governmental institutions, thanks to policy decisions and training of stakeholders to be able to fulfil the mission they gained.

Our Theory of Engagement



Reinforce structures of knowledge sharing and exchange amongst FGIP's membership with the participation of human rights and mental health experts as well as people with lived experience

As we look towards 2030...

At the present juncture, at which we adopt this strategy, we know that over the coming years we will be more and more affected by the attacks on civic space. Those we work for will be more and more affected by authorities that neglect mental health rights or abuse them for political repression.

We intend to capitalize on the strengths we have identified over the past four and a half decades, which we believe position us uniquely to navigate the evolving contexts we anticipate in the future. These strengths include our capacity to operate effectively in conflict-affected environments, our ability to engage with autocratic regimes and challenge their stigmatizing, discriminative and abusive attitudes towards mental health, and our capacity to establish global networks that will provide us with access, opportunities, and recognition.

As we look toward 2030, we intend to continue identifying pathways to work in contexts where authorities are interested in collaborating with us. The next five years should provide an opportunity to build upon the successes achieved over the past 45 years, through the renewal of our networks and the identification of successes and lessons learned. Where we observe neglect, we will engage. Where we perceive needs, we will provide practical solutions. Where we witness abuse, we will serve as a voice to protect those suffering from human rights violations.

The decade commenced with a global public health crisis characterized by a virus exhibiting exceptional virulence and a remarkable capacity for dissemination. Our aspiration is to contribute to the conclusion of this decade with the recognition that mental health is at the heart of everybody's right to enjoy all human rights.

