

22nd WPA World Congress of Psychiatry, 3-6 August 2022 in Bangkok.

Course title: Alternatives to coercion

Course Directors: Silvana Galderisi, Italy; Helen Herman, Australia; John Allan, Australia

Course Facilitators: TBA, Helen Herman, Australia

Timing: 08:30-12:30 on 3 August with a 30-minute break at 10:00.

#### Background:

The call for alternatives to coercion in mental health care is growing both within the profession and among people with lived experience of coercion in mental healthcare. The term 'coercion' describes a range of interventions, from involuntary treatment to forceful action and threats undertaken in the course of providing treatment or addressing perceived harm a person poses to herself/himself or others due to a mental health condition. In October 2020 WPA published WPA Position Statement and Call to Action: Implementing Alternatives to Coercion: A Key Component of Improving Mental Health Care. It was developed in consultation with member societies and is relevant, important, and urgent to improving the quality of mental health care in low-, middle-, and high-income countries. There is growing evidence that there are effective alternatives to coercion which improve both safety and outcomes.

#### Course content:

The course will be delivered by members of the WPA Working Group on Implementing Alternatives to Coercion in Mental Health Care. We will explore practical ways to address coercive practice while considering human rights, practice improvement, recovery-oriented practice, trauma informed care and the role of lived experience in achieving change. It will highlight the role of psychiatry in promoting change. Service managers, clinicians, and people with lived experience and their families all can play a central role in leading change. Practical steps include policy and legislative change, clinical practice, and personal action in a variety of settings: Personal – attitudes and relationships; Local service level – clinical practice improvement; National policy and legislation, and Regional level campaigns. Examples of good practice will be highlighted, and participants will have an opportunity to consider issues in their own countries and how they might become involved.

#### Aims:

- To increase awareness of the growing need to introduce alternatives to coercion in modern psychiatric practice
- To understand how alternatives to coercion are essential to improving mental health treatment and care.
- To become familiar with the practical ways to achieve alternatives to coercion at all levels

Program:

8:30 - 8:40 Introduction: Professor Emeritus Helen Herrman, Orygen and the Centre for Youth Mental Health, The University of Melbourne, and Director of the World Health Organization (WHO) Collaborating Centre in Mental Health, Melbourne Australia

Topic: **The role of WPA in taking a global approach to reducing coercion**

8:40-9:20 First speaker: Professor Silvana Galderisi, Director of the Emergency Unit of the Department of Mental Health of the University of Campania Luigi Vanvitelli

Topic: **From coercive practices to recovery-oriented services in mental health care**

9:20-10:00 Second Speaker Professor Neeraj Gill, School of Medicine, Griffith University, Gold Coast, Australia, Consultant Psychiatrist, Gold Coast Health, QLD, Australia

Topic: **Ways to avoid coercive practices while preserving human rights**

10:00-10:30 Break

10:30-11.10 Third Speaker: Associate Professor John Allan Executive Director of Mental Health Alcohol and other Drugs Branch, Clinical Excellence Division in Queensland Health, School of Medicine University of Queensland

Topic: From policy to practice: **The Australian and New Zealand experience to find practical ways to reduce coercion**

11:10-11:50 Fourth Speaker TBA speaker to address lived experience or further examples

11:50-12:30 General Discussion: Facilitator: TBA

Topic : **Focused discussion on what practical actions participants may take in their country or practice (40 minutes)**