

**INTERNATIONAL
MASTER'S DEGREE**

PRIMARY CARE MENTAL HEALTH

3rd EDITION

**2018 - 2020
LISBON - PORTUGAL**

Coordination

Professor Miguel Xavier
Professor Gabriel Ivbijaro

Enrollment deadline

28 June 2018

Duration 4 semesters

1st year: 60 ECTS; 2nd year: 60 ECTS

Dates for Residential Sessions (1st year)

04 - 08 February 2019; 20 - 24 May 2019; 18 - 22 November 2019

Information and Applications

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NOVA MEDICAL
SCHOOL
FACULDADE
DE CIÊNCIAS
MÉDICAS



UNIVERSIDADE
NOVA
DE LISBOA



Some Facts

4.4%

of the worldwide burden of disease is attributable to **alcohol consumption**

25%

of all individuals develop one or more mental disorders during their life course

Disorders due to use of **illicit drugs** are associated with an increased risk of other **infectious diseases** such as hepatitis B and C and HIV infections

The lifetime risk for schizophrenia is

0,8% - 1.44%

Many people with mental disorder have **poor access to care**

Depressive disorder is the fourth leading cause of disease burden (in DALYs) globally and is projected to increase to the second leading cause in 2030

Globally, nearly 50% of people who have schizophrenia receive **no mental health interventions**

More than **450 million** people suffer from **mental disorder** globally

Suicide

is a serious public health problem and accounts for more than

10% of deaths in industrialised countries

Treatment is often **inadequate**

in those people who have received treatment for schizophrenia and

2.8%

of total years lived with disability are due to schizophrenia

Lifetime estimate of prevalence for depression and dysthymia is

4.2% - 17%

Cannabis

is the most widely used illicit drug and **3.8%** of the global population older than 15 years use this drug

International Master Degree Primary Care Mental Health

2018 - 2019

SCOPE AND OBJECTIVES: what can I expect from this Masters program?

The overall goal of this International Master's degree program is to train the primary care and community workforce in mental health. This will improve and promote mental health skills in primary care, provide participants with knowledge and skills in mental health promotion and prevention, support earlier recognition and diagnosis and management of common mental disorders in primary care, support personal recovery in mental health, provide practitioners with enhanced skills to enable them to better manage mental health comorbidity and complexity in a primary care settings and also provide participants with opportunities to develop their skills in research methodology, project management and service re-design.

Mental health is an integral part of health and health and social services provision, but has received inadequate attention by policy makers and also by society in general. Mental disorders impose an enormous disease burden and an increasing obstacle to development in countries around the world.

Studies estimate that **at least 10% of the world's population is affected and that 20% of children and adolescents suffer from some form of mental disorders**. In fact, mental disorders accounts for 30% of non-fatal disease burden worldwide and 10% of overall disease burden, including death and disability.

Many people with mental health conditions can be successfully managed in primary care and community settings as long as staff has appropriate skills and training. **Traditional approaches to mental health problems in Primary Care are clearly insufficient to tackle the future challenges in this area, requiring innovation, new ways of working and a paradigm shift.**

This Masters Degree program is specially designed to tackle some of these challenges from a new perspective with a focus on service redesign, capacity building and intervention programmes.

By the time you complete this International Master's program in Primary Care Mental Health, you will have gained the skills you need to be a leader and an expert in mental health in the primary care setting.

As a result of the new knowledge and competencies you acquire you will:

- Be able to integrate mental health into the primary care platform;
- Be able to conduct and implement service re-design;
- Be able to use and implement appropriate primary care mental health guidelines;
- Be able to design and support skill mix in the primary care setting;
- Be able to develop and implement care packages in primary care including psychological therapies
- Be able to improve the mental health skills of the primary care work force;
- Be able to improve access to evidence based mental health in primary and community care;
- Be able to carry out research and audit;
- Recognize the central role of a stepped care model to deliver the best outcomes;
- Be able to promote and support mental health advocacy and mental health literacy

Some previous participants of this programme have already taken up a number of exciting opportunities to lead on mental health transformation in their countries.

VENUE

NOVA University of Lisbon (UNL) is a public university with internationally recognized research and teaching in a large range of areas (Economics and Management, Law, Medicine, Public Health, Tropical Medicine, Sciences and Technology, Social Sciences and Humanities, Statistics and Information Management, Technological Biology and Chemistry). The university has over 18.000 students, more than 4.000 of whom are engaged in Masters and PhD Programs.

NOVA Medical School, NOVA Medical School, has a strong commitment to primary care mental health, standing among the top centers in the country both in mental health and family medicine teaching and research.

The joint Course Directors are Professor Miguel Xavier PhD and Professor Gabriel Ibvijaro, an internationally acclaimed expert in primary care mental health and a practicing family doctor in Waltham Forest, London, UK.

The Department of Mental Health develops teaching, research and clinical activities, based on a general hospital in the western part of Lisbon, responsible for a catchment's area of 450,000 inhabitants.

The Department, headed by Professor Miguel Xavier, has extensive experience in research in the areas of psychiatric epidemiology and mental health policy and services, including the integration of mental health care in primary care settings, and conducted most of the key studies on psychiatric epidemiology and mental health services research in the country (e.g. the national mental health survey and several European studies on the effectiveness of policy and services). The Department has collaborated extensively with the Portuguese government concerning the development of the Portuguese mental health legislation, policies and plans, as well as with the WHO, European Union and other international organizations. The faculty includes, among other visiting international Fellows, professors and Faculty members who are world experts in mental health integration and collaborative care.

The Department of Family Medicine is a nationally recognized leader in education and research. Its faculty includes some of the most influential professionals in the organization and implementation of Family Medicine in Portugal. The Department is led by Professor Isabel Santos, one of the leaders of the first and unique 12 months in-service training program in the country, which trained 3750 GP's, who also was one of the authors of the first Competency Training Booklet for the three year Vocational Training Program, and Scientific Committee Chair of the European WONCA 2014 Conference held in Portugal. The Department also benefits from the expertise of Professor Luis Pisco, the leader of one of the most important reforms of primary care in Portugal. Members of the Department are also involved in the development of Family Medicine out borders, particularly in Portuguese spoken countries, Angola, São Tome e Principe, Cabo Verde and Brazil. The department also has International faculty members who are experts in primary care mental health and psychiatry and who have contacts with a number of international colleges and faculties including NGO's.

The Department's main areas of interest in research include: care processes, governance, health care professionals and organization, outcomes, and quality improvement with International Faculty members having specialist expertise in service re-design, collaborative care and primary care mental health transformation.

STRUCTURE OF THE PROGRAMME

The **programme** will be delivered in English during three one-week long residential sessions supported by on-going work-based clinical exposure using a personal caseload, an e-learning portfolio and access to International Faculty Members and Tutors. Each student will be allocated a personal tutor and mentor during the course of the programme.

The course will be delivered using lectures, tutorials, workshops, seminars, essays, core reading materials, core assessment of knowledge, competency and skills acquisition in the field of primary care mental health and a reflective log. The first residential session will take place on 4-8 February 2019, the second on 20-24 May 2019 and the third on 18-22 November 2019. Between the residential sessions, students are required to participate in e-learning teaching activities, and to complete homework assignments related for each of the modules that will be posted on the web.

The successful and completion attendance of the 3 modules in the first year of the degree, with 60 ECTS (European Credit Transfer System), will award a Diploma from the Universidade NOVA de Lisboa.

Successful candidates are then able to progress to the Master's degree with the award of a further 60 ECTS (European Credit Transfer System).

Timetable

The dates of the residential sessions are:

- 4-8 February 2019
- 20-24 May 2019
- 18-22 November 2019

Structure/Curriculum and Credits

1st Year	
Curricular Units	ECTS Credits
Assessment and intervention in common mental health problems	10
Management of common mental health problems in primary care	15
Mental health across the life course	15
Service redesign	12
Basic elements of research methodology and statistics	8
2nd Year	
Curricular Units	ECTS Credits
Dissertation or work project or professional work placement	60

FACULTY

Course Coordination



Professor Miguel Xavier is Full Professor of Psychiatry and the current President of the Scientific Board at NMS|FCM-UNL. He holds a position of Senior Consultant at the Hospital São Francisco Xavier, in Lisbon, with a long track-record of collaboration with Primary Care. He has been involved in collaboration with WHO, namely for the areas of mental health services evaluation and implementation of policies. Besides his academic work, he is the Diretor of the National Program for Mental Health, a task-force from the General Directorate of Health, responsible for implementing the National Mental Health Plan in Portugal.



Professor Gabriel Ivbijaro MBE is Visiting Professor to the NMS|FCM-UNL. Professor Ivbijaro's publications include *Integrating Mental Health into Primary Care: A Global Perspective* (2008) and *The Companion to Primary Care Mental Health* (2012). Professor Ivbijaro is a practising family doctor and a specialist in primary care integration and population mental health whose contribution to the National Health Service (NHS) in the United Kingdom was recognised by the Queen in 2012. He is an International Distinguished Fellow of the American Psychiatric Association (APA), a member of the American College of Psychiatrists and a Fellow of the World Organization of Family Doctors (Wonca). He is Chair of the World Dignity Project designed to fight mental health stigma.



NOVA Medical School Faculty

Professor Miguel Xavier
Professor Gabriel Ivbijaro
Professor Isabel Santos
Professor J. M. Caldas de Almeida
Professor Henk Parmentier
Professor Lucja Kolkiewicz
Professor M. Gonçalves Pereira
Professor Bruno Heleno
Professor Joaquim Gago
Professor José Mendes Nunes
Professor Luis Pisco
Professor Miguel Talina
Professor Teresa Ventura
Dr. Daniel Pinto
Dr. David Rodrigues
Dr. Georgina Maia
Dr. Nuno Basílio

International Faculty

Professor Sir David Goldberg
Emeritus Professor Institute of Psychiatry,
London, UK

Professor Ben Wright
East London NHS Foundation Trust,
London, UK

Professor Todd Edwards
University of San Diego, USA

Professor Allan Tasman
Schwab Endowed Chair in Social, Community and
Family Psychiatry, University of Louisville,
Kentucky, USA

Professor Tawfik A. M. Khoja
Family Doctor, Saudi Arabia

Professor Steve Iliffe
University College, London

TESTIMONIALS:

“Studying Primary Care Mental Health Master degree at NOVA University Medical School in Lisbon, Portugal has inspired me to become a mental health champion, advocate, and leader. I have learned in this course the role of the stepped care intervention in the management of common mental health problems in primary care and the importance of the holistic approach, skill mix and collaborative care in the management. I am very pleased to join this course because it has put me on the way to reshape and promote the mental health services through integration in primary care level in my country.”

Abdelaziz Zeid (Egypt)

“This course exceeded my expectations. Not only improved my skills in Primary Care Mental Health but also helped me being a better Family Practitioner. The focus on skill mix encouraged me to improve the connections between different health care valuing multidisciplinary teamwork. Also, attending this course with students from different countries allowed me to contact with different cultures and health care systems. The faculty always made sure that the course was according to plan and the students were taking the most from it.”

João Santos (Portugal)

“The course was well organized, gave me an opportunity to expose to different international experiences in one place. Thanks to the entire faculty for making this valuable learning interesting and enjoyable.”

Abdullah AlKhatami (Saudi Arabia)

General Information

Duration

4 semesters

1st year: 60 ECTS; 2nd year: 60 ECTS

Dates for Residential Sessions (1st year)

4-8 February 2019; 20-24 May 2019; 18-22 November 2019

Entry Requirements

- Holders of a Bachelor degree or legally equivalent qualification in the field of Medicine, Nursing, Psychology, Social Sciences;
- Currently working in a clinical or social care setting;
- Knowledge of English is mandatory.

Prescribing rights will be based on the national legislation underpinning the individual participants professional code of conduct.

Enrollment deadline

28 June 2018

Admission procedures

The duly completed admission form may be submitted until 28 June 2018, together with:

- a) Certified copy of graduate/postgraduate degree;
- b) *Curriculum vitae*;
- c) A written statement of purpose of no more than 250 words;
- d) Letter from sponsoring organization (if applicable).

Please see complete information in the [Notice of Application](#)

Selection criteria

- a) Classification in academic degrees, according to the European scale of comparability;
- b) Global assessment of the CV;
- c) An interview of the candidate can be made by the Scientific Board of the programme (by phone, if the candidates live abroad).

Please see complete information in the [Notice of Application](#)

Vacancies

The Course will run with a minimum of 8 and a maximum of 25 students

Fees

(the fees don't cover the costs of travel and accommodation)

Application Fees: €51

Registration Fees: €35

Insurance: €14

Tuition Fees: €2500 (per year)

Please see complete information in the [Notice of Application](#)

The ECTS credits obtained in the Masters Programme may be credited to the NMS|FCM-UNL Ph.D. Programme and other recognized University programmes, when applicable.



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