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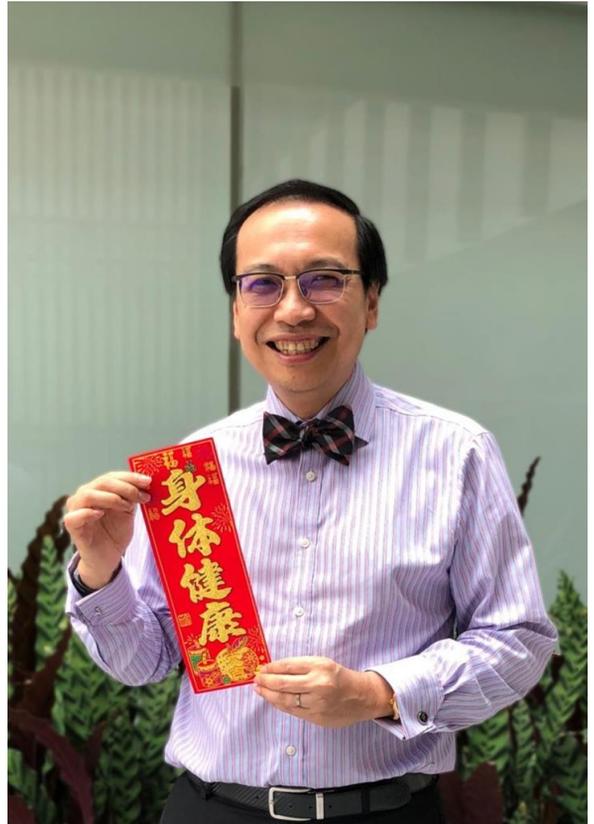
December 2019

By: Dr Daniel Fung, IACAPAP President, Adjunct Associate Professor, Lee Kong Chian School of Medicine Singapore

2020 is looking to be an exciting year because of a number of reasons; firstly 2020 suggests perfect vision and it will be the year that IACAPAP holds its biennial World Congress. This will happen in July in Singapore, only the 3rd time in our 82-year history that it is held in Asia and the first in which its President is also an Asian. Coincidentally, we will be celebrating the 50th anniversary of the opening of the first child psychiatric facility in Singapore. For Asia, we are entering into a period of social change, of accepting people with mental illness as needing help, not necessarily as a burden or a fearful aspect of society. It represents inclusion and if we as Asians can accept the mentally ill, then we can begin to accept frailty and failure as part of life, not to be repulsed but to be embraced, in helping each other, no one will be left behind.

So for this Christmas, always a time for reflecting for me, it is a time to rest and rejuvenate for the coming year ahead. I have lost several family members and friends this last year, which speaks to our mortality, and in our business, I may not have had enough time to ponder on this. All I know is that life is far yet transient. I keep telling myself that I need to pay attention to my family, and that, in the coming year, I should renew my friendships. We need to remember our relationships and also make time for them. How can we do this with the limited time we have? It is about finding the harmony between work and life. We should allow time for taking a break on important calendar dates, meeting family and friends for meals

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IACAPAP President Dr Daniel Fung

(there is always three such meals a day) and having time for something we enjoy. My few hobbies are gardening and playing video games. Over the week, I try and spend some time on each. Such recreation allows me to recharge for a busy day or week ahead.

This brings me to IACAPAP's objectives. To recap, the founders of IACAPAP had prescribed three simple strategies to achieve its goal to "advocate for the promotion of the mental health and development of children and adolescents".

These are stated in our mission, “through policy, practice and research” In the last issue of the Bulletin, I discussed the importance of research, not just the scientific inquiry but also the translation of it into practice. I would like to discuss that translation into practice. We speak of evidence base largely around looking at data and interpreting it. We seldom ask how this new knowledge can be translated into actual practice. Take for example the prevalence of mental illness. The figure of 1 in 7 young persons have a mental illness is spoken and we then say that there is a treatment gap which can be up to 90% in some conditions. But true practice means that we can take this data and develop an ecosystem to support such individuals rather than lament the lack of resources for help. Can we approach the practice of child psychiatry scientifically?

There is a branch of research called implementation science which is described as “the study of methods and strategies to promote the uptake of interventions that have proven effective into routine practice, with the aim of improving population health”. Child mental health professionals need to consider this in identifying barriers and approaches that can help us practice better. The current road map for the training of child psychiatrist is long and arduous, and in the most advanced developed countries, a costly and resource depleting effort. Instead of insisting on developing child psychiatrists in a traditional format, we may need to consider developing a series of competencies which are necessary to help us identify mental illnesses, provide care opportunities for help and develop ecosystems to sustain that help over time.

Competency based training is already in widespread use by many training programmes. Opening these training to non-physicians will enable a larger resource of manpower to be harnessed to help children and families in need. IACAPAP can become a curator of such competency-based training as we develop our educational portfolio, anchored in our dynamic online textbook, informed by our open access journal and enhanced by our ever widening professional network. Julie Chilton, as our Presidential Fellow for Global Education, is working closely with Nick Kowalenko and his team who is supporting the iCAMH initiative which was started by the late Henrikje Klasen. We are looking at making iCAMH (which stands for International Child and Adolescent Mental Health) into a recipe for a customizable training curriculum that can be used to create a personalised meal for the provision of child and adolescent mental health service across the globe. It is my sincere hope that this effort will help us interpret the practice of child and adolescent health around the world and that it will not be “lost in translation”.

Incidentally, recover as defined in the Cambridge dictionary, is to “get back something lost”. We should help our youths, recover, the lost sense of meaning and purpose of life, we should help our colleagues and friends, recover the lost opportunities to strengthening the relationships that gives us a sense of belonging, and we should recover the lost moments to rest and sleep, and dream of a better future.

Member Society Highlight: ECAPA

By: Eman Gaber, Ministry of Health, Egypt and Treasurer, ECAPA



ECAPA's 1st International Conference

The Egyptian Child and Adolescent Psychiatry Association (ECAPA) was founded in December 2012. ECAPA's vision is advancing all aspects pertaining to child and adolescent psychiatry, disseminating knowledge and enhancing clinical practice to best meet mental health needs of children, young people and all those involved in their care and development.

Its membership consists of child and adolescent psychiatrists from all over Egypt. Current officers include Prof Suaad Moussa (President), Prof Azza El Bakry, Prof Araf khowaild, Prof Maha Emadeldin (General Secretary) and Dr. Eman Gaber (Treasurer).

The organization that started with 50 members 7 years ago has since conducted numerous educational activities including several trainings for general psychiatrists, child psychiatrists, psychologists, pediatricians, general practitioners, nurses, health educators, and teachers all over Egypt.

In 2016/2017 ECAPA, in cooperation with Egypt's ministry of education, launched an awareness campaign about ADHD in all schools of Giza Governorate, and members of the association trained psychologists and teachers on early detection and how to support children in the classroom.



ADHD Awareness Campaigns

ECAPA became a member of the IACAPAP family in 2014 with the goal of addressing unmet needs in the field both regionally and internationally. In collaboration with IACAPAP and with the contribution of our distinguished experts a series of international conferences was started. It has proved to be of enormous value, offering an international perspective and a wealth of clinical and evidence based knowledge that is applicable to day-to-day practice.

The 1st International Child and Adolescent Psychiatry Conference was held in Cairo 12 - 14 of September 2017 under the theme of "Enabling 21st Child & Adolescent Psychiatrists & Allied Professionals: Unmet Needs". This was followed by the second Conference in September 2019 in Cairo entitled "Child

& Adolescent Psychiatry: Embracing Diversity – Serving Community"

Conferences witnessed several oral presentations on a variety of topics from local, regional and international presenters; master Classes, short workshops and long workshops were delivered.

Each was attended by around 140 attendees from all over Egypt: Greater Cairo, Lower Egypt: Alexandria, Dakahlia (Mansoura), Gharbeya (Tanta & Mahala) and Sharkeya Governorates, Upper Egypt: Assuit, Elmenia and Bani Suef Governorates. From outside Egypt attendees came from Saudi Arabia, UAE, Qatar, Lebanon as well as from Singapore, France, the UK and USA.

The next conference will held in Cairo in 2021 for more information about ECAPA visit the website:

<http://www.ecapa-eg.com/>



ECAPA's 1st International Conference

A Great Advocate and Ambassador for Child and Adolescent Mental Health Turns 80!

By: Olayinka Olusola Omigbodun, Professor of Psychiatry, College of Medicine, University of Ibadan, Consultant in Child & Adolescent Psychiatry, University College Hospital, Ibadan, Nigeria Director, Centre for Child & Adolescent Mental Health (CCAMH), University of Ibadan, President IACAPAP 2010-2014



Myron Belfer and Olayinka Omigbodun, Prague 2018

I am absolutely delighted for this rare opportunity to honour Dr. Myron Belfer as he turns 80 years on December 28, 2019. Myron is a very special person and I would like to refer to him as the greatest Child and Adolescent Mental Health Advocate and Ambassador in the world that I know! His impact on Child and Adolescent Psychiatry and Mental Health around the world, especially in resource-poor regions is unparalleled.

One thing that makes Myron stand out is that, not only does he write about and advocate for the development of CAMH training, research and service

development around the world, he actually goes to the places where help is needed, especially in the most deprived and difficult areas of the world. Myron is also known to visit places after humanitarian disasters to ensure that CAMH services are set up or re-established. His impact around the world for the development of CAMH has been exceptional. In this special article, several CAMH professionals from around the world have written about the mentorship they received from him and his visits to support them.

I first saw Myron at the congress of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) in Berlin in 2004 from a distance when he was President of IACAPAP. The first time I really had a chance to meet with Myron and speak to him was on African soil in 2005, at a meeting in Congo Brazzaville.

I will start off these tributes written in honour of Myron by CAMH professionals from around the world by providing a short bio-sketch of him. I follow that with my own perspective and then we will have the other descriptions of Myron and his roles from around the world, each with a unique perspective.

Biographical Sketch of Myron L. Belfer

Myron completed a Bachelor of Arts degree in Psychology at the University of Rochester in 1961 and completed his M.D. at the Albert Einstein College of Medicine in 1965. He had his internship at the Children's Hospital of Philadelphia between 1965 and 1966, residency in Psychiatry at the Massachusetts Mental Health Center and a Fellowship in Child Psychiatry at the Children's Hospital Boston. Myron started out as an Associate in Psychiatry at the Children's Hospital, Boston and rose up through the ranks. He has at various times been Chief, Department of Psychiatry at the Children's Hospital, Boston, and the Cambridge Hospital, Cambridge. He was promoted as a Professor of Psychiatry at the Harvard Medical School in 1991. Between 1991 and 1994, Myron was Special Assistant to the Director, Substance Abuse and Mental Health Service Administration (SAMHSA), Department of Health and Human Services, Washington. In 1995, Myron was awarded a Masters of Public

Administration from the John F. Kennedy School of Government, Harvard University, MA. Between 2000 and 2005, Myron served as Senior Adviser for Child and Adolescent Mental Health with the World Health Organisation (WHO).

Myron has had several opportunities to serve and advocate for the cause of children and he made the best of those chances to make a difference. From 1970 to 1971 he was Staff Health Cluster, White House Conference on Children, Treasurer, President Elect and President, New England Council of Child and Adolescent Psychiatry (1970-1987), President Elect and President, Massachusetts Psychiatric Society (1988-1990), Co-Chair, International Relations Committee, American Academy of Child and Adolescent Psychiatry (2002-2009), Member Section of Child and Adolescent Psychiatry, World Psychiatric Association (2004-2006), President, International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) (2004-2006), Chair, Global, Consortium for Infant, Child and Adolescent Psychiatry and Allied Professions, and Chair, Global Mental Health Initiative, Harvard University, Harvard Center on the Developing Child.

Some of the honors that Myron has received are Life Fellow, American Academy of Child and Adolescent Psychiatry (1986), Honorary President, IACAPAP (2009) and the International Contribution Award for Lifetime Achievement for IACAPAP (2010). Apart from his academic achievements Myron is a wonderful husband to Sandy and they have two sons and daughters in-law.

Eight Wonderful Things Myron Contributed to the Growth of CAMH on the African Continent -

Myron worked closely and passionately with several African Child and Adolescent psychiatrists and mental health (CAPMH) professionals to lay a solid foundation for the growth of child and adolescent psychiatry and mental health in Africa. I could write several pages about Myron's role in building up CAMH in Africa but I will just mention 8 ways, one for each decade of his life so far, and use this opportunity to thank him for what he has done:

One

Thank you Myron for supporting and attending the Inter-Country Meeting on Child and Adolescent Mental Health at the World Health Organisation African Region (WHO-AFRO) in October 2005 in Brazzaville. That meeting was the first of its kind and you came out from Geneva to support and participate in this pioneer meeting of CAMH professionals in Africa organised by WHO. This meeting laid the foundation for the formation of an African CAMH organisation.



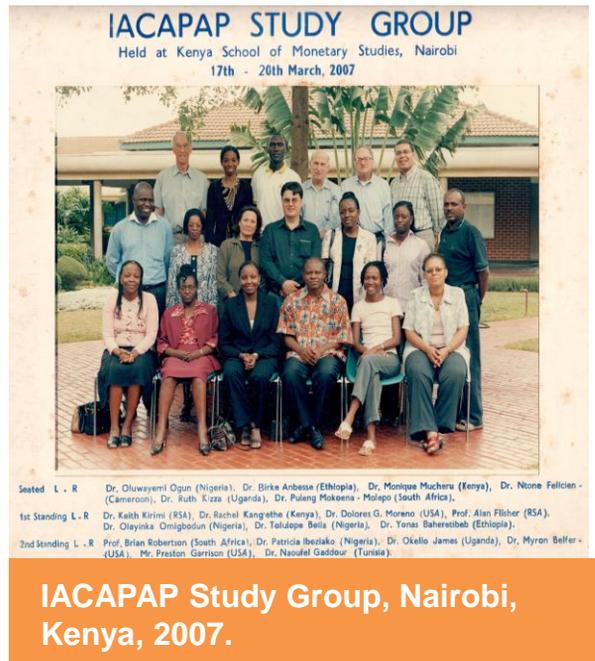
Myron Belfer as IACAPAP President with Olayinka Omigbodun, first presidential fellow, Melbourne, Australia, 2006

Two

Thank you Myron for inviting me to join the IACAPAP Executive (EC) as the first Presidential fellow in 2005, when you were President. This did a lot to bring the issues of Africa and other low-resource regions to the fore.

Three

Thank you Myron for attending the IACAPAP study group in Nairobi, Kenya in 2007. It was during this meeting that the African Association for Child and Adolescent Mental Health (AACAMH) was launched and you were there supporting and encouraging. At your own expense you came to teach and mentor so many of us and encouraged us to rise up to become leaders.



Seated L - R Dr. Oluwayemi Ogun (Nigeria), Dr. Birke Anbesse (Ethiopia), Dr. Monique Mucheru (Kenya), Dr. Noone Felicien (Cameroon), Dr. Ruth Kizza (Uganda), Dr. Puleng Mokoena - Molapo (South Africa),
 1st Standing L - R Dr. Keith Kirimi (RSA), Dr. Rachel Kangeetha (Kenya), Dr. Dolores G. Moreno (USA), Prof. Alan Fisher (RSA), Dr. Olayinka Omigbodun (Nigeria), Dr. Tolajope Bello (Nigeria), Dr. Yonas Baheretsehab (Ethiopia),
 2nd Standing L - R Prof. Brian Robertson (South Africa), Dr. Patricia Basizko (Nigeria), Dr. Okello James (Uganda), Dr. Myron Belfer (USA), Mr. Preston Garrison (USA), Dr. Nacoufel Gaddour (Tunisia)

Four

Thank you Myron, for coming to Abuja, Nigeria to attend the IACAPAP Study group in September 2009. You facilitated several sessions and were such a great mentor. Again, you came at your own cost at a time when there were travel advisories against coming to Nigeria.



IACAPAP Study Group, Abuja, Nigeria, 2009

Five

Thank you Myron for the unparalleled support I received from you, when I was IACAPAP's President. Thank you for the excellent work you did as IACAPAP's External Relations Chair during the period. You wrote presidents of several organizations, informing them about IACAPAP's activities. You always tried to make my work easy; you were constantly looking for solutions to problems and standing up for me when the situation arose. You are a true mentor and friend.

Six

Thank you Myron for insisting that the 2014 IACAPAP congress should hold in Africa, bringing an IACAPAP Congress for the first time onto African soil. I remember so clearly how you spoke at the crucial EC meeting in Istanbul in 2008 about the importance of taking the congress to Africa. The convenor was Alan Flisher, who unfortunately passed away in 2009, leaving Brian Robertson to take over as convenor. You wanted a truly African conference with African speakers; I know you did not exactly get your wish, but many of us could relate to

your passion about showcasing African CAMH professionals at that congress.

Seven

Thank you Myron for agreeing to be a co-investigator on the John D. and Catherine T. MacArthur grant to establish a training programme for CAMH on the African continent. You contributed to the writing, corrected the drafts and worked hard to ensure we won the grant, which we did. The Centre for Child and Adolescent Mental Health (CCAMH) is a product of our combined efforts. That seed sown has grown into a tree, with over 100 CAMH professionals from 14 African countries trained on a Master of Science degree programme in Child and Adolescent Mental Health (MSc. CAMH), through your partnership and friendship. You also sent two big sacks of books for the CCAMH Library at your own expense.

Eight

Thank you for focusing your attention on the resource-poor regions of the world. Through your efforts the CAMH landscape around the world has changed tremendously and many more infants, children, adolescents and their families have access to CAMH care just because you cared.

Thank you so much dear Myron and Happy Birthday! You have done well may God bless you Myron. We really appreciate you.

[Myron Belfer's 80th Birthday Celebration Video Link](#)

Sincerity, Integrity and Curiosity

Its such a pleasure to be able to send my greetings from Sunny Singapore to Balmy Boston. You graduated from medical school the same year that Singapore graduated from being part of Malaya to be its own independent state.

Your accolades are many and I am sure your more august colleagues will speak to them. I just want to say that I appreciate, from the first time I met you (I think it was back in 2006), your friendship and mentoring over the years.

I would like to share a story of how once, when I visited your home and was having a sniffle because of travelling, and you took out a fresh silk handkerchief and handed it to me, asking me to keep it. That was always your nature, helping without reservations. I remember how you and Sandy welcomed us to your home and brought us to eat and I must say, your hospitality is so warm and loving. I could sense that you cared, you cared for people and you cared for systems. And your contributions internationally both in the years with WHO and IACAPAP has really set you apart as a child and adolescent psychiatrist. There are only 3 values that I can describe you Myron: **Sincerity, integrity and curiosity.**

These values have held you well over the years in the relationships that you have forged, the organisations that you have contributed and the research that you have participated in. Myron, I had originally planned to be there but I have been travelling too much and my wife Joyce wants us to stay home for this last month of the year to rest and recuperate. Nonetheless, I do want, on behalf of our team here in Singapore,

and our International colleagues of IACAPAP, wish you a fantastic and wonderful birthday.

Thank you Myron for being a part of our lives!

- *Dr Daniel Fung*

Chairman Medical Board , Institute of Mental Health, Singapore
www.imh.com.sg

President, International Association of Child and Adolescent Psychiatry

Devotion to the Mental Health of Children

In the teams I worked with Myron Belfer, I learned a lot from his enthusiasm, hard work, leadership skills, sense of humor, stubbornness, wisdom, devotion to the mental health of children all over the world and commitment to IACAPAP. Thank you for being there Myron.

- *Fusun Cetin Çuhadaroglu, MD*

Professor of Child and Adolescent Psychiatry , Hacettepe University Faculty of Medicine
Ankara, Turkey

IACAPAP Counselor
Immediate Past Secretary-General of IACAPAP

International Ambassador of IACAPAP

In his academic curriculum vitae, he writes: "Entering into psychiatry, I always wanted to be a child psychiatrist. My interests were in how children responded to stress and I pursued

research in this area. Most of my time as a young child psychiatrist was spent doing consultation-liaison psychiatry at Boston Children's Hospital. My focus was largely on surgery and particularly on plastic and reconstructive surgery. It was in this area where I developed a special interest in body image. The rest of my career has been largely devoted to administration and global child mental health, including five years at the World Health Organization in Geneva."

The latter activity was an important step for the development of child mental health initiatives worldwide and also a great step for IACAPAP.

I will only name a few of Myron's initiatives:

1. IACAPAP: He served as President and many years as treasurer of IACAPAP and is now Honorary President of this organization.
2. WHO: He facilitated child mental health projects all over the world, especially in the Asian region. China was the most important field of his initiatives.
3. He introduced and carried out the "ATLAS Project" which is the first worldwide catalogue of mental health initiatives.
4. He initiated and took part in many training and research activities and was – and still is – an excellent teacher for young mental health workers in many countries of the world.
5. He is author and co-author of many papers and books with focus on international child mental health.
6. He was a prominent member of the presidential initiative on child mental health carried out as a joint venture of

WPA, WHO, and IACAPAP. This project was a remarkable initiative for the improvement of child and adolescent mental health worldwide. The results of this project were presented at the WPA congress in Cairo in 2005 and published in the book "The Mental Health of Children and Adolescents. An area of global neglect, Wiley, Chichester 2007.

These are only a few aspects of his worldwide activities. He really deserves the title of the "international ambassador of IACAPAP", devoted to the improvement of child and adolescent mental health all over the world.

At a personal level, I want to thank Myron for his excellent cooperation and friendship over more than three decades. I want to put a special emphasis on the time spent before and during the 16th IACAPAP World Congress in Berlin in 2004 – this was the most thrilling and intensive time we spent together. As Myron was in Geneva at WHO, he was able to come to Berlin rather often, and our co-operations led to the up to now best attended IACAPAP world congress with all in all 2,700 participants.



IACAPAP Past Presidents (from left to right): Helmut Remschmidt, Bruno Falissard, Myron Belfer, Per-Anders Rydelius

Dear Myron, I want to combine my heartfelt congratulations with many thanks for your support and friendship – ad multos annos!

- Prof. Helmut Remschmidt, MD, PhD, MD h.c.

Philipps University, Child and Adolescent Psychiatry and Psychotherapy, Marburg (Germany)

Former President and Honorary President of IACAPAP

A Mentor, Friend and Role Model

I remember the first time I met Myron. It was a warm day early in July 2008 and one of my first days as a Fellow at Boston Children's Hospital. I had heard a lot about Myron but had never met him in person at that point. In fact, he was one of the main reasons I chose to train there. That morning, the team was meeting for rounds and I sat beside him and we got introduced. I could not believe that this was the world-famous Myron Belfer!!!! He was humble, unassuming and immediately made me feel comfortable. Since that day he "took me under his wing", he has been a mentor, a friend and above all a role model.

I can't even attempt to summarize the many ways he has supported me personally and professionally. Myron introduced me to IACAPAP which has been an intellectual home for me with like-minded individuals trying to have an impact on the lives of children wherever they are in this world. During my fellowship, he helped me work on an Atlas project with the WHO on CAMH services in the Eastern Mediterranean Region. He connected me with people in

my own home country that I would have never been able to access before. He was always there with his guidance and care. Whether I have questions about construction of our new house, my children's schooling, or needed comforting when I received news about a possible cardiac defect my little daughter was suspected to have in utero (fortunately she was born healthy), he was always there, always present, always caring.

I consider myself exceptionally lucky to have had the chance to meet Myron and benefit from his mentorship. He is one of those people whose impact fundamentally makes everyone around them a better person. As he embarks on a new decade of his life I wish him happiness and continued success.

- Hesham Hamoda, MD, MPH
Attending Psychiatrist, Boston Children's Hospital

Assistant Professor, Harvard Medical School

Vice President, IACAPAP



From left to right: Jibril Abdulmalik, Hesham Hamoda, Norbert Skokauskas, Daniel Fung and Myron Belfer. YEAH for IACAPAP, Paris, France 2012.

We say “Thank you” from the Depth of Our Hearts

It has been three years since Dr. Myron Belfer started to work closely with us in order to build up a better mental health service for children and adolescents here in Shenzhen, China. However, Myron had supported the development of child and adolescent mental health services in China for longer than three years. We had heard of him from our colleagues in other parts of China for his work in calling to action the neglected areas and to provide technical, professional, educational, policy, and financial support.

During the three years of collaboration, we have known Myron as a humble and warm gentleman, a playful and enthusiastic child worker, a skilful and professional child psychiatrist, a mental health advocate, a humorous and genuine gentleman and a true dumpling lover. We are very grateful to have Dr. Belfer come and help us with child and adolescent mental health service development through the years. His help

all over China is memorable and cherished. We appreciate his help during 2008 Sichuan Earthquake, for the establishment of the Shanghai School Mental Health Service System and the current work in building School Mental Health Service Systems and Comprehensive Training Systems for Specialists in Child Psychiatry.

We would like to say “Thank you” from the depth of our hearts to Dr. Belfer. He has spoken out about the burden of mental disorders in childhood and adolescence and offers great help to help establish a better Chinese Child and Adolescent Mental Health Service System.

- Jianping Lu, MD

Director, Department of Child and Adolescent Psychiatry, Shenzhen Mental Health Center, Shenzhen Kangning Hospital, China

Mentor, a Role-Model and a Father

I had the privilege of working with Prof. Dr. Myron Belfer in 2008 at Boston Children’s Hospital during my observership programme. I went to Boston during my residency just for a short holiday and I decided to apply to the visitor clinician programme at Harvard Medical School with the encouragement of my brother and mentor. I sent an email to Dr. Belfer and he answered it very kindly and warmly. He gave an appointment to meet my brother and me at the Children’s Hospital cafe and my biggest dream began on that day.

He is always a good listener, open to different opinions and believes in ideals, ethics and scientific integrity. Dr. Belfer has acted not only as a magnificent



Jianping Lu, Myron Belfer and colleagues at the Shenzhen Kangning Hospital, China

supervisor but also as educational mentor with patience and generosity. Throughout our time together, he taught me how to think, talk and write, how to cope with struggles and how to promote creativity without imposing over competition. He always provided me generous support to attend scientific meetings and courses during my time at the Children's hospital. After my time in the Children's Hospital, he continued to encourage me about my academic career and life for 11 years.

I believe working with him was a unique opportunity for me in my early career steps. I'll always be thankful to him for devoting his time and mind to me as a mentor, a role-model and a father.

Happy birthday Dr.Belfer!

- Dr. Meryem Özlem Kütük
Başkent University, Department of Child
and Adolescent Psychiatry,
Adana, Turkey

Grace, Humor, Kindness, Accurate and Timely Advice

I first met Myron Belfer at the AACAP conference in Washington in 2004. Colleagues from the Czech Republic he already knew introduced me as a young psychiatrist and emerging scientist. Myron looked at me with a smile and said, oh so you are such a scientific embryo. At that time, I had no idea how a life changing meeting for me began with this nice joke. Six years have passed and my supervisor on the PhD program, Doc. Vladimir Hort, suggested that I could go to the experienced world and apparently to Harvard!

That seemed unrealistic to me as if he

was telling me to go outside our galaxy. True, it would be completely unrealistic if it was not offered by one exceptional person, namely Vladimir Hort, who was friends with another exceptional person and that was Myron Belfer.

Indeed, only a few weeks passed and I was confirmed to be able to come and join Myron's Boston Children's Hospital Global Partnerships for Psychiatry. Two months in Boston represented a turning point for my career.

I had the opportunity to experience the excellent teaching of child psychiatry, but most of all I saw a living example of the personality of a professor who will become my life model, whose life mission is helping others. At every meeting that we had together he asked me "what else can I do for you?" but he did much more than I could have wanted. All this set in motion a long series of situations and circumstances, and the most visible one was the IACAPAP World Congress in Prague in 2018 which we hosted in Prague.

I think it beautifully illustrates the admiration of Myron's personality. With



Alumni of the Boston Children's Hospital Global Partnerships in Psychiatry with co-directors Myron Belfer and Patricia Ibeziako

grace, humor, kindness and always accurate and timely advice, it starts the movement processes that bring benefits that we cannot even imagine at the beginning. I am extremely grateful that I met Myron and I have the opportunity to thank him again.

Ad multos annos!

- Michal Goetz
Prague, Czech Republic,
Former Scientific Embryo

Working with Myron is like Working with a Celebrity

I have known Myron since the beginning of my career in child psychiatry and he has been a mentor throughout my career. I first met Myron when I arrived at Boston Children's Hospital and Harvard Medical School in 2005 as a child psychiatry fellow. The most striking thing I remember was that he was one of the most humble people I had ever met. He was on the consultation-liaison service and came unassumingly to rounds, saw patients, and attended meetings. At the time he was the President of IACAPAP but never mentioned this. It wasn't until almost a year after I met Myron that I learned he was also previously Chief of Psychiatry at multiple hospitals.

Upon learning about my global mental health interests during the first year of my fellowship, Myron recommended me for participation in the Donald J Cohen Fellowship at IACAPAP and sponsored my attendance at the conference in Australia. After the conference, he learned of my interest in doing a project in my home country and became my

research mentor, helping me develop a project for which I received an award that funded a mental health needs assessment in 17 schools in Ibadan, Nigeria.

Shortly after I graduated from fellowship and became an attending consultant, Myron invited me to help develop the Boston Children's Hospital Global Partnerships in Psychiatry Observership program and to become Co-director with him in 2009. I have been incredibly honored to work closely with Myron on this program over the past decade, meeting amazing psychiatrists, psychologists and pediatricians from all over the world. Under his mentorship, I have now become the senior director of this program.

Working with Myron is like working with a celebrity - he seems to know every child psychiatrist in every country. I have watched him help psychiatrists all over the world and literally change the trajectory of their careers. He travels constantly – I could have coffee with him in the morning in Boston and later in the evening receive a call from him from another country. "Oh yes, Patricia, I'm in Paris tonight, but we can discuss when I get back to Boston on Wednesday", he would say casually. As glamorous as this sounds, Myron is one of the busiest people I know. I do not believe he understands the meaning of the word "retirement"; as he turns 80, he is currently spearheading a national child psychiatry training program in China.

They say a good mentor is someone who will create a mentoring relationship that fits your needs, talents, and desires and push you towards a better you and Myron has done this for me. Throughout my career he has always been there to support, encourage and advise me and

he always believes in my abilities even when I doubt myself. There is no monetary value that can be placed on this kind of mentorship and I will forever be grateful to have had the amazing opportunity to be mentored by Myron Lowell Belfer.

- Patricia Ibeziako, MD
Associate Chief for Clinical Services,
Department of Psychiatry, Boston
Children's Hospital
Director, Psychiatry Consultation Service
Assistant Professor in Psychiatry,
Harvard Medical School

A True Friend of IACAPAP for 30 Years

Dear Myron,

I am sending you my best congratulations when you are now reaching 80 years of age.

You are a very good friend of mine and have been a true friend of IACAPAP for 30 years. You became the treasurer of IACAPAP just after the Kyoto Congress in 1990 and stayed as Treasurer until 2004, when you became the President of IACAPAP and then the Past President, serving until 2010 – a 20 year journey as Bureau officer of IACAPAP's story, and you are still active.

We learned to know each other more and more during the planning of the 1998 IACAPAP Congress in Stockholm when discussing the program and the economy. I learned a lot from you and even more when I was the Secretary-General during your Presidency. We have had a lot of IACAPAP experiences and lots of fun together.

You have made really important contributions to IACAPAP. In my opinion, the most important contribution was moving to Geneva to work in the WHO and placing IACAPAP on the Map of the World. We are all deeply grateful for that!

As you still have the IACAPAP spirit, I hope for many good years to come. Not everyone may know that you are also a climate-activist, driving a Tesla - an indication of the future aspiration!!

All the best,

- Per-Anders Rydélius

President of IACAPAP 2006-2010

Sweden

Mentor for Many Generations of Child Mental Health Professionals

Myron Belfer is a mentor for many generations of child mental health professionals in countless countries, but I would like to remember and recount his unique contribution to building a child mental health programme at World Health Organisation. It is unusual for a professor of Harvard to offer to spend two years of his life working for WHO, and that too with no salary, but that is what Myron did around the turn of the Century. He relocated to Geneva and at a tremendous cost to his professional and personal life, devoted himself to constructing, almost from scratch, a global child mental health programme for WHO. It was not easy; the world was not quite ready, even WHO was not, but his energy and persistence was infectious and eventually was rewarded. It took four years, but a programme was born. One of the highlights was the first ever Atlas of Child and Adolescent Mental Health Resources published in

2005, which put policy makers to shame and galvanised action in many countries. WHO has achieved a lot in this area since then, but the foundation of this was laid by Myron.

I am now a colleague of Professor Belfer at Harvard, closely watching his current initiatives, which too are extremely impressive. But for me, his seminal contribution to WHO remains unique and unparalleled.

I wish Myron Belfer many more years of impactful and satisfying professional leadership and good health and happiness.

- *Shekhar Saxena*
Professor of the Practice of Global Mental Health, Global Health and Population, Harvard T H Chan School of Public Health
Director, Department of Mental Health and Substance Abuse (MSD) (2010 to 2018), World Health Organization's Headquarters' Office, Geneva, Switzerland

Curious, Helpful, Sharing Knowledge, Active, Traveling

When I met Myron many years ago, he resembled the actor Louis De Funes to me, and still does. Myron, it is such big joy to learn from you! Smiling, with a wonderful sense of humor, very devoted to child and adolescent psychiatry and IACAPAP, curious, helpful, sharing knowledge, active, traveling and systematically doing such important and serious things for child mental health in the World! Congratulations, wishing you happiness and good health!!! Till next meetings.

- *Sigita Lesinskiene*
Immediate Past IACAPAP Vice President Lithuania

He Opened my Mind and Guided Me

I met Prof Myron Belfer in 2004 during the XVI IACAPAP Congress that was held in Berlin, Germany. However, I had been introduced to him around 2003 when I was finalizing my masters thesis.

He is a great person with a broad horizon about child and adolescent psychiatry and mental health. Being a new graduate masters student from Indonesia, I was very fortunate because Prof Belfer willingly supervised my English scientific writing, therefore I learned a lot from him. I really felt blessed. He also opened my mind and guided me to get information about issues in child and adolescent mental health, such as child and adolescent mental health among minorities, mental health and wellbeing among internal refugees especially in disaster areas. He also gave me a chance to increase my clinical skills as an observer in Boston Children's Hospital in 2008.

I am very lucky I had the opportunity to collaborate with him. We worked for several years on developing modules for capacity building for child and adolescent mental health professionals in Indonesia. We set up training of trainers' programmes and also had training programmes in several provinces in Indonesia, such as Central Java, Aceh and Jakarta. In my opinion, Prof. Belfer has a very unique perspective on child and adolescent mental health and psychiatry; his

thoughts on how a child and adolescent react and experience the environment during and after a natural disaster really broadened my point of view about the development of children and adolescents. Nevertheless, during our discussion, Prof Belfer also shared his perspectives on his work and professionalism being a child and adolescent psychiatrist that I did not get during my study. I am very proud for his guidance and helping hand, and really feel gratitude for all that he has done for me. After 15 years from our first meeting in Berlin, with God's hand and Prof Belfer leadership, I am now a Professor in the Faculty of Medicine Universitas Indonesia, Jakarta-Indonesia. Happy 80th birthday Prof Belfer, you are always on my mind. God Bless you and your lovely family always.

- *Tjhin Wiguna*
Faculty of Medicine Universitas
Indonesia-dr. Cipto Mangunkusumo
General Hospital, Jakarta – Indonesia

Great Expert, a Charismatic Man and a Witty Man

Myron Belfer and his family visited Prague shortly after the Velvet Revolution in the 1990s. There were several meetings with colleagues in Prague, which were both inspirational and really helpful for the Czech pedopsychiatry, in professional consultations, in the availability of professional literature, in participation in conferences and visits to workplaces focused on pedopsychiatric topics. Thanks to Myron, some colleagues were able to visit Boston in 1998, which gave us a glimpse of the world pedopsychiatric scene and interest in building a discipline in the Czech Republic.

Myron Belfer is a great expert, a charismatic man and a witty man, his enthusiasm, interest in people and generosity are admirable. Memories of contact and experiences with him do not fade even after years. We wish all the best for his birthday and for years to come.

- *Vladimir Hort & Jana Kocourkova*
Prague, Czech Republic

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IACAPAP 2020
SINGAPORE

24th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions

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Main Congress

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KEY DATES

15 Dec 2019 - Donald J. Cohen Fellowship Application

10 Jan 2020 - Deadline Abstract Submission Deadline

11 Mar 2020 - Early Bird Registration Deadline

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7th Helmut Remschmidt Research Seminar 2019: A Personal Journey!

By: Aisha Sanober Chachar – Pakistan & Lakshmi Sravanti - India

“Dear fellow,

Thank you for your patience. We would like to inform you that your application has been successful. You have been selected as one of the delegates for the Helmut Remschmidt Research Seminar 2019, which will take place in Singapore on 25 August 2019 to 30 August 2019.”

This is how it all started!

The 7th Helmut Remschmidt Research Seminar (HRRS) in Child and Adolescent Psychiatry took place from 25 - 30 August 2019 in the Institute of Mental Health, Singapore. The theme of this year was ‘Developing Research and Collaborations in Child and Adolescent Psychiatry and Mental Health in Asia.’

For the first time Prof Helmut E. Remschmidt was not able to attend the seminar. However, to infuse the spirit of HRRS, he addressed the fellows virtually. One of the HRRS fellows from Germany, Anne Herr hosted a 30 mins interview with him. It could not have been more comprehensive, and we were glad she took us through his journey very seamlessly.

We were fortunate to have a fantastic panel of mentors, each one of whom was very inspiring in their own unique ways. Hailing from low-and-middle-income countries (LMIC) where research is not at par with the western world, meeting experts from all over the world was exciting and overwhelming at the same



HRRS Fellows

time for both of us. This unsaid anxiety was felt among fellow cohort. It was an elephant that no one talked about. What brought first sigh of relief was when Prof Petrus asked how many of us have English as the primary language and only 2-3 hands were raised. This could have been one of the apprehensions for many of us. Addressing it, in the beginning, was reassuring and a sign of a safe learning journey ahead.

The HRRS organizing committee put together an exciting and informative program for the fellows. To break the ice, fellows and mentors were asked to present their professional and personal stories – 2 mins each. This introductory session resulted in loads of laughter and ease. We also got a real sense of who is who, much beyond just knowing each other's names and professional qualifications.

The program was mainly a combination of large-group teaching and small group mentoring. During the week, there were many different opportunities to exchange ideas, insights, and personal experiences with experts and colleagues. There was an immense amount of informal learning within tea breaks and short out-of-the-class conversations with the fellows and mentors. It was evident that “beginner's struggle” was the hidden curriculum of the training.

It was a pleasure to be seated in the audience listening to the very lucid and candid lectures. The sight got even merrier when our mentors took to the board and used their writing skills to clarify certain concepts and our doubts. Listening to the lived experiences of mentors as beginners and fellow fellows provided hope. For early-career child and adolescent mental health professionals from low and



HRRS Mentors

middle-income countries, it was heartening to receive the validation that “I am not alone.” We were given the opportunity of one-on-one mentorship which provided an excellent venue to discuss personal concerns, struggles, and uncertainties with the experts. Throughout these 6 days, while the mentors displayed their wealth of knowledge and expertise in the classroom, they were also full of joy and high on life. A mention should be made of a ‘smart orange juice machine’ strategically placed across the passage that quenched our thirst in tea-breaks.

It was a beautiful blend of more than 15 nationalities under one roof. There was immense trans-cultural learning during the week. It was a fantastic platform where we even asked fundamental questions about some aspects of our lives that we often take for granted and connected with ourselves better. While there were a series of serious sessions

going on, there was something that caught our attention every day. It was the caricatures of our mentors appearing on a chalkboard that became the backdrop of our group photos. To our surprise the artist behind the drawings was none other than Dr Daniel Fung. It was not complete without his picture though, and Sravanti was delighted that he let her draw his picture!

The organizers took us on a mini-tour of the Institute of Mental Health (IMH), where friendly people greeted us in different units. From the Ronald McDonald family room, to the hydroponic farm unit, to the Woodbridge museum, all were so appealing that they are etched in our memories. The committee also lined up some informal activities for the whole group. So, we got a chance to experience the flavours of Singapore, quite literally! One cannot forget the taste of 'matcha' ice-cream

And the texture of the delectable mooncakes of festive season. We let our senses delve into the serenity of 'gardens' as we took a stroll by the Bay, where we were pleasantly surprised to find a giant replica of Prof Petrus's shoe. We also relished every bite of the authentic local cuisine at the 'Chomp Chomp' food center in Kampong Glam where we used our 'Chope' passes.

Before calling it a day, we all dined out at a popular fine-dining destination. Aisha was chosen by the fellows to deliver a thank you speech on behalf of the entire group. Michelle and Aisha quickly came up with a short speech where we acknowledged one trait per mentor: serious-looking cartoon artist, a photographer, a storyteller, a selfie expert, cultural blender, live demo of a key stakeholder, a museum lover who forgot his way to the museum and landed with us at 'chomp chomp', wearing sunscreen is essential,



HRRS 2019 participants on an experiential tour of Singapore

research can be sexy and crazy at the same time – phewww!, and a woman who scares the policymakers.

HRRS 2019 provided an exceptional opportunity to interact and learn from experts, make new connections, form friendships, for cross-cultural exchange of ideas and most importantly to be a part of a community which is dedicated to the noble cause of Child and Adolescent Mental Health across the world.

Dr. Say How was a wonderful host, and we were moved by the hospitality of the entire organizing team. We collected souvenirs during our trip, and Dr Say How's personally signed book on 'navigating through cyber world' was a unique addition to our collection. The 'HRRS badge' will always be one of our most prized possessions. While we go back with a sense of accomplishment and pride, we look forward to staying connected and more importantly take these connections forward to enhance research in our field.



Group Sessions with Mentors and Fellows

29th Turkish Child and Adolescent Psychiatry Congress

By: Hakan Ogotlu, Ankara State Hospital & Fusun Cuhadaroglu Cetin, Hacettepe University, Ankara



Keynote Lecture by Dr. Bruno Falissard

The 29th Turkish Child and Adolescent Psychiatry Congress, organized by the Turkish Association of Child and Adolescent Psychiatry (TACAP), was held in Istanbul, Turkey between 2-5 May 2019. The theme of the congress was "Child and Adolescent Mental Health in Light of Emerging Technology and Science: Past, Present and Future". At this inclusive congress, innovations in different fields targeting all professional groups working in the field of child and adolescent mental health were presented.

The congress was attended by more than 500 participants from different disciplines. There were 41 panels, 4 keynote lectures, 4 courses, 4 expert meetings, 110 oral presentations, 113 poster presentations and 18 committee meetings. Keynote lecturers were Bruno Falissard, Patricia Ibeziako, Özlem Bozdağı, and Anne Throup. English and Turkish languages were the official languages of the congress and the simultaneous translation between the two languages was provided.

The congress was held in Istanbul, the city of the past, the present and the future. İstanbul connects not only the two continents, but also cultures and people. The mysticism of the East and the modernity of the West are blending the past and the future. It is one of the most visited places in the world. Participants got to experience it's beauty first hand.

Past president of the International Association for Child and Adolescent Psychiatry and Allied Profession (IACAPAP), Bruno Falissard presented two lectures entitled "Planning the future of child and adolescent psychiatry" and "How connexionist neurosciences can fill the gap between mind, brain and development?". Patricia Ibeziako, Associate Chief of Psychiatry and Director of the Consultation Service Boston Children's Hospital/Harvard Medical School shared her "Consultation Liaison Experiences" as a keynote lecture. The other well-attended keynote lectures were "Recent developments in autism spectrum disorder genetics" by Ozlem Bozdagi and 'Children born to parents with severe mental illness: early signs of psychopathology in a developmental perspective' by Anne Throup.

Participation in the courses was remarkable. Especially the schema therapy attracted great attention from the participants. Thirty-seven residents were given scholarships to attend the Congress.

A project entitled 'Is there a relationship between endophenotypes of ADHD and different distribution of immune cells?' by Cetin and colleagues received the Professor Atilla Turgay Best Research Award.

Three research projects received the Professor Fahrettin Kerim Gökay Child and Adolescent Psychiatry Research Presentation Award: Gul and colleagues came first with their project "The Role of SLC6A2 Polymorphisms in Response to Atomoxetine Treatment in Akgul -Attention Deficit Hyperactivity Disorder" study; Akgul. Akgul and colleagues were awarded the second prize for "Are Neurocognitive Skills and Social Cognition Associated with Social and Role Functionality in Adolescents with Familial High Risk for Psychosis?"; and Kutuk and colleagues received the third prize for "Inflammation indicators and trichotillomania". Cam Ray and colleagues were awarded the TACAP Project Award for their study.

The concert of Bulut Band, a band formed by doctors, consisting of doctors was a prominent social activity at our congress. The band, led by a child and adolescent psychiatrist, Oğuzhan Zahmacioğlu, gave a magnificent concert at the congress hotel. Participants had a great night with the mesmerizing performance of the Bulut band.



Attendees at the Congress

The 2019 ASCAPAP Congress - Linking Research, Training and Clinical Services

*By: Jane Pei-Chen Chang, China Medical University Hospital, Taiwan
King's College London, UK*



Photo From left to right: Nisarath Wadchareundomkarn, Fransiska Kaligis Jane Pei-Chen Chang and Hussien Elkholy

In this article, I present my experience when I attended the 10th Congress of the Asian Society of Child and Adolescent Psychiatry and Allied Professions (ASCAPAP) Congress held at The Empress Chiang Mai in Thailand, from the 9th to 11th of October, 2019. It was quite an experience!

I was invited by Dr. Wachiraporn Arunothong and the ASCAPAP Congress' Scientific Committee to present about child and adolescent psychiatric training in Taiwan in the "C&A Psychiatry Training in Asia Symposium".

The Symposium consisted of two sessions that included presenters from 9 different countries (in the order of presentation): Thailand, Vietnam, Singapore, Myanmar, India, Taiwan, Japan, Australia and the USA and with Dr. Nuttorn Pityaratstian as the symposium chair. It was interesting to learn about different training programs across Asia and discuss how ASCAPAP can play a role in integrating the different training programs so that more clinical and research collaboration can be facilitated among child and adolescent psychiatrists in Asia. There were several

similarities between the training programs, for example, several countries require to pass both written and oral examinations before one can become a board-certified child and adolescent psychiatrist. On the other hand, the duration of training varies from country to country ranging from a year to 3 or 4 years, and in some countries, general psychiatry training is required before one can choose child and adolescent psychiatry as a subspecialty, while trainees in other countries have the option of going straight into child and adolescent psychiatry training after medical school.

common training courses for child and adolescent psychiatrists in Asia. As for the lack of peer support during child and adolescent training, I shared my experiences as a trainee in several fellowship programs that helped foster my training and provided me with great mentorship and peer support. These fellowship programs include The Donald J Cohen Fellowship and Helmut Renschmidt Research Seminar (HRRS) Fellowship of IACAPAP and The International Training Seminar in Child & Adolescent Psychiatry.

Another interesting experience at the congress this year is having the opportunity to present with my colleagues, Dr. Hussien Elkholy, Dr. Fransiska Kaligis and Dr. Nisarat Wadchareeundomkarn, from Egypt, Indonesia and Thailand respectively a symposium entitled “Child and Adolescent Psychiatry: From Patients to Doctors.”

We not only discussed the common disorders such as ADHD, adolescent depression and suicide and college student gaming disorders seen in clinics in different countries, we also discussed how our careers as child and adolescent psychiatrists have shaped our lives and the strategies, such as travel, we use to cope with our stress as clinicians. The symposium was a great success, and we have received a lot of positive feedback from the audience.

Finally, it was a great honor to receive “The Future of the Asian Child and Adolescent Psychiatry Award” at the Congress. There were only 5 awardees chosen this year, and I was very lucky to be one of them.



Panel discussion of the “C&A Psychiatry Training in Asia Symposium.”

One of the challenges facing the field is that the number of applications for child and adolescent psychiatry from medical students or psychiatric residents has been static or even decreased in recent years. Another challenge is the lack of peer support during child and adolescent psychiatric training. During the panel discussion, both the audience and the presenters discussed the possibility of forming an educational board that would try to come up with

I presented my idea at The Future of Asian Child and Adolescent Psychiatry Plenary Session on the last day of the Congress.

My idea is CAPE RCT Asia, which stands for child and adolescent psychiatry and e-world in research, clinical and training in Asia. It consists of three parts to help strengthen child and adolescent psychiatric clinical services, research and training in Asia with artificial intelligence (AI) and the help of ASCAPAP. One of the goals of CAPE_RCT_Asia is to provide better clinical services, including establishing a data bank of child and adolescent psychiatrists and associated professionals that are multilingual, so that it is easier for people to find psychiatry/psychotherapy services offered in their native languages. Also, we aim to develop visual learning and AI-assisted interventions so that more child and adolescents can benefit from the psychoeducational programs and interventions by simply having a smartphone and Wi-Fi.

CAPE_RCT_Asia is also aimed to improve the accessibility of training

programs for child and adolescent psychiatrists in countries with fewer resources.

The third goal is to establish a research data bank to facilitate research collaboration by including the names and research interests of child and adolescent psychiatrists in Asia. It was a wonderful experience in Chiang Mai to meet many friends and colleagues who share the same passion for child and adolescent psychiatry. Dr. Daniel Fung, the president of IACAPAP, also welcomed all of us to Join IACAPAP's Congress in Singapore next year during his plenary session. For me, the career of being a child and adolescent psychiatrist has been more exciting than ever, it never gets boring, and there are always a lot more to learn.

Looking forward to learning about new research in child and adolescent psychiatry at the 2020 IACAPAP Congress in Singapore next year!

CAPE_RCT_Asia Project Presentation





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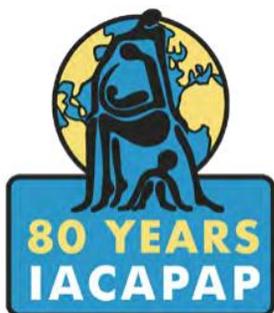
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