



In 1993 the first meeting of the group of 'Reformers in Psychiatry', organised by the Geneva Initiative on Psychiatry, took place in Bratislava. There were 40 people present, and aliens were certainly not assumed to be friendly. It was thus rather a tentative affair, but we were lucky to have potential leaders there, with prepared and creative minds. Today the network has more than 400 members, many important friendships and professional links have been formed and much of the initial teaching has been done by Bulgarian teams. Originally these included Toma himself – for instance on courses for psychiatric nurses in the Ukraine, Azerbaijan and Kyrgistan.

In 1998 an Association of Reformers was inaugurated, eventually to lead the network, with elected representatives from all the participating countries. Their first elected President is Toma Tomov, and the Secretariat is in Sofia.

Toma is a gifted and sophisticated teacher. His approach is that of 'active learning'. Students of all ages are given tough tasks, and have to work in groups to consider, propose solutions and defend their decision in debate. These sessions are stressful, stimulating and enjoyable, and provide a completely new experience for those taught in the Former Soviet Union, and speaking for myself, for Britons trained in the Lubyanka on Denmark Hill.

These mixed groups, multi-everything including language, when hard at work, can sound like the Tower of Babel. I was present at one session in the guise of an expert. The group's task was to make plans for modernising the psychiatric services of an imaginary district, Slaka, and they were visiting various community services in Prague to get ideas about this. The rapporteur, a charming young Romanian, sat with her fingers at the ready on the laptop, waiting to hear a coherent sentence that she understood. I got more and more anxious as she remained immobile, and indeed had to walk out to calm. When their excellent report finally appeared, the group told me that they had thoroughly enjoyed themselves. The only thing that distressed them was my obvious anxiety.

Mr President, I believe that in this rather obsessional, regulated evidence-based phase of our own teaching methods, Professor Tomov will bring a breath of fresh air. We need to bind him to us.

We are very pleased to welcome his wife Ivanka and his son Neven and his wife Alexandra – both recent graduates of Edinburgh University – who are with us today to witness this ceremony.

I am delighted to present Toma Tomov to you as an Honorary Fellow.

## "1 in 4"

A 2-minute film  
Director: John Selby  
Producer: Jody Burrows

In just 120 seconds this film both shocks and challenges the viewer to examine their attitudes to those people who suffer from mental health problems.

The setting is austere, a guy snorting cocaine from a photograph of his wife and baby, an underweight girl lacing her corset while mirror gazing, a young man curled at the end of a bed and an elderly lady drinking tea in a world of her own.

"You coke head"

"Why don't you just eat something"

"Cheer up, you miserable git"

"Crazy old bitch mum"

Nobody will leave the cinema without hearing the clear message: '1 in 4' people suffer with mental health problems.

"1 in 4 – it could be me . . . it could be you . . . That made you think. Enjoy your film."

This film is to be shown from 3 November as a trailer in Warner Cinemas until December, launched for World Mental Health Day and produced as part of the Changing Minds campaign. The team involved in making this film should be congratulated on the production of a film that will proclaim the message across the land.

**Gillian Rose** Consultant Child & Adolescent Psychiatrist, BKCW Mental Health NHS Trust

## Changing Minds Campaign launches outstanding 2-minute cinema film: "1 in 4"



To celebrate World Mental Health Day 2000 (10 October), the Changing Minds Campaign launched an outstanding 2-minute cinema film entitled "1 in 4".

"1 in 4" questions our preconceptions about mental illness and emphasises the reality that mental health problems can touch anyone. The film uses many challenging images with a forthright, and at times shocking, script. It has been developed particularly with younger people in mind, who are often most at risk of suffering from severe mental illness and suicide. They are also regular cinema-goers.

The film reinforces the message that anyone can suffer from mental illness –



"1 in 4 could be your Brother, your Sister. Could be your Wife, your Girlfriend . . . 1 in 4 could be your Daughter . . . 1 in 4 could be Me . . . it could be YOU."

## The value of the film

This challenging new film has been made possible by the generosity of a leading London advertising agency, WCRS; John Selby, Director, from Godman – a major production company; and Warner Bros, who has agreed to show "1 in 4" before a large number of feature films to be released from 3 November in Warner Village cinemas throughout the UK. The music is by courtesy of Michael Nyman.

This striking cinema film would have cost more than half a million pounds to make and distribute. None of this would have been possible without the generous help and support of our sponsors.

"For many years now, those of us working in mental health have had on their 'wish list' an advertising film challenging the discrimination against people with mental illness. "1 in 4" has now achieved this," said Professor John Cox, President of the Royal College of Psychiatrists.

"We are absolutely delighted with this initiative and we hope that the film is seen by many thousands of people and touches them in the same way as it has us."

For further information or transparencies of stills from the film contact Deborah Hart or Vanessa Hudson in the College External Affairs Department, tel: 020 7235 2351 exts. 127 or 154; e-mail: dhart@rcpsych.ac.uk.

## 'HEADstuff'

### A new mental health resource for 14 to 17 year-olds

'Headstuff', a new mental health resource for 14 to 17 year-olds was launched on 10 October, as part of the celebrations for World Mental Health Day.

This leaflet was developed for the Changing Minds Campaign by Mentality, a national charity dedicated to promoting mental health. Designed in consultation with young people, this new resource aims to: