

# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	14	02	2021		13	02	2022

## Section A Reference and administration details

Charity name

INSIGHT International for Mental Health and Integrated Health Systems

Other names charity is known by

Registered charity number (if any)

1188880

Charity's principal address

THE HOLLY BUSH , UPPER BOND STREET, HINCKLEY

Postcode

LE10 1RH

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mohammad Haroon	Chair	For entire reporting period.	The first charity trustee, appointed through the CIO Constitution.
2	Frederick William Saunders		For entire reporting period.	The first charity trustee, appointed through the CIO Constitution.
3	Yasirah Fatimah		As of 19 February 2021	Appointed by the Board of Trustees.
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20				

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year
Not applicable	

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
Scientific Advisory Board	Prof Rutger Engels	

**Name of chief executive or names of senior staff members (Optional information)**

Dr Ionela Petrea, CEO

## Section B Structure, governance and management

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	CIO Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	<p>According to Art 10 on <i>Appointment of charity trustees</i> of the CIO Constitution</p> <p>(1) Appointed charity trustees</p> <p>(a) Apart from the first charity trustees, every appointed trustee must be appointed for a term of four years by a resolution passed at a properly convened meeting of the charity trustees.</p> <p>(b) In selecting individuals for appointment as appointed charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.</p>

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of

major risks and the system and procedures to manage them.

Section C Objectives and activities	
Summary of the objects of the charity set out in its governing document	<p>The objects of the CIO are, for the public benefit, the preservation and protection of good mental health and the promotion of recovery in those experiencing or at risk of experiencing poor mental health, comorbidities with somatic health problems or other mental health related issues anywhere in the world by the provision of advice on sustainable system-based improvements of mental health systems and integrated approaches to promote universal access to good quality mental health care, by the provision of training and capacity building and by advocating for good mental health.</p>
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)	<p>During this reporting period, the charity conducted the following key activities (SORP reference: Para 1.17 and 1.19)</p> <p>1) Training of Workforce in the framework of 'Social Inclusion for People with Mental Disabilities in Turkey' funded by EU &amp; WHO.</p> <p>On behalf of WHO Turkey, a Consortium consisting of GGZ Noord-Holland-Noord and of INSIGHT International which is training and helping build the capacity of the workforce in community mental health centres in Turkey, and enable them to deliver high-quality, evidence-based and person-centred community services.</p> <p>During this reporting period, Insight has provided supervision to Turkish TOTs who delivered training to 32 CMHTs. Challenges encountered, learning points and gaps were identified and addressed in subsequent trainings. In addition, to ensure the uptake of knowledge, skills and competencies by each team, additional training was provided directly by the Consortium team to each of the CMHTs included in the roll-out.</p> <p>2) Driving research &amp; dissemination of good practices in Romania</p> <p>Supporting the Romanian League for Mental Health on implementation of good practices in mental health, focusing on innovative solutions for remote areas and vulnerable groups, in particular:</p> <ul style="list-style-type: none"> <li>• Raising awareness among vulnerable adult populations about risk factors, signs and symptoms of mental disorders.</li> <li>• Increasing the mental health resilience of children from vulnerable and at risk groups</li> <li>• Improving access to care for people with mental health problems in remote areas or vulnerable groups.</li> </ul> <p>During this reporting period, the new RLMH International Research and Development Strategy has been finalised. In addition, we have prepared joint project proposals on improving access to care for child and adolescent mental health using artificial intelligence and for improving mental health at community level, seeking to generate mental resilience and well-being through developing multi-faceted local ecosystems for mental health bringing together service providers (specialist and primary care) and other stakeholders such as local governments/municipalities (with responsibilities for welfare, employment, schools, social services), insurance organisations, people with lived experiences and their families and civil society organisations,</p>

	<p>3) Rapid assessment of the Greek mental health services</p> <p>Within the framework of the collaborative work with its sister organisation in the Netherlands (the Stichting Insight International Institute for Mental Health and Integrated Health Systems (Netherlands)), the charity staff participated in the WHO Greece assessment of the Greek mental health services.</p> <p>As part of the WHO Mental Health Emergency exposed by COVID19, Insight staff supported the WHO Representative to Greece in the joint review by WHO and the Greek Government of the current state of mental health care services in the country and the development of recommended actions towards a community based, high quality, people-centred and integrated mental health system, with zero tolerance against any sort of human rights violation and stigma and leaving no one behind, and based on the lessons learned and the way forward due to the ongoing COVID19 pandemic. The deliverables were:</p> <ul style="list-style-type: none"> <li>• Conducted assessment visits and interviews with key mental health professionals in Greece.</li> <li>• Produced an assessment report with recommendations for further action to strengthen Greek mental health system</li> <li>• Presented findings to key stakeholders, report disseminated at WHO High Level Meeting on Mental Health, July 2021.</li> </ul> <p>4) Delivering advice &amp; support to the European Community Mental Health Service providers network (EUCOMS) &amp; its 60 members in 27 countries.</p> <p>During this reporting period, the charity contributed to the series of EUCOMS webinars <i>Learning From Each Other</i> with focused on:</p> <ul style="list-style-type: none"> <li>• Flexible Assertive Community Treatment</li> <li>• Hard to Engage</li> <li>• E-community mental health.</li> </ul> <p>In addition, it continued to facilitate working partnerships with leading international organisations and networks.</p> <p>5) Tanzania Mental Health Project- Reaching Those in Need – Collaboration in implementation the National Strategy and its Implementation Plan</p> <p>INSIGHT International team has been invited by the Tanzanian government to provide expert support which will enable the country to meet its national mental health challenges and seek long term, sustainable and innovative solutions.</p> <p>During this reporting period, the charity has negotiated the Memorandum of Understanding with the Tanzanian Ministry of Health (to be signed in the following reporting period).</p>
<b>Additional details of objectives and activities (Optional information)</b>	
<p>You <b>may choose</b> to include further statements, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policy on grantmaking;</li> <li>• policy programme related investment;</li> <li>• contribution made by volunteers.</li> </ul>	<p>Not applicable .</p>

**Summary of the main achievements of the charity during the year**

During this reporting period, the charity sought to contribute to 5 main strategic objectives emerging from CIO's objects, as follows:

- 1) Contribute to improved access to mental health care through system-based changes

The main achievement of the charity related to this objective was to successfully negotiate the Memorandum of Understanding with the Tanzanian Ministry of Health, which encompasses:

- The development of the Tanzanian National Strategy for Mental Health and the preparation of its Implementation Plan
- Delivering implementation of these policy documents once adopted by the Tanzanian MoH.
- Conducting monitoring and evaluation of the implementation.

The overall objective is to deliver support for a mental health system transformation at national level that is grounded in the new Mental Health Strategy covering all the components of the health system (governance, service delivery, human resources and financing).

- 2) Contribute to improved staff competencies through training & capacity building

The charity has managed to successfully supervise the delivery of training of 32 Community Mental Health Teams from across Turkey that received face-to-face and online training provided by national TOTs and by INSIGHT International & GGZ Noord-Holland-Noord experts. Combining structured knowledge sharing sessions with hands on sessions, the training supports mental health teams to deliver care to people with severe mental health problems for a catchment area of about 12 million population.

In addition, the preparations continued for the project in Tanzania undertaken during this reporting period also relate to building capacity of mental health and related professionals. Outcomes of this work are expected in the following period.

- 3) Contribute to improved governance for mental health and integrated health systems

The charity has delivered support to EUCOMS which includes overseeing the implementation of the Network's strategy for the period 2021-2024. This entailed a sustained series of webinars and other collaborative initiatives, bringing together specialised services with primary care ones, as well as input from other sectors (e.g. social care).

In addition, the charity has successfully finalised the new RLMH International Research and Development Strategy, which should guide the organisation for the period 2021 – 2026.

- 4) Contribute to increased research-generated international base of evidence for good mental health system.

The charity staff have continued to contribute scientific articles focused on its core areas of work e.g. BMC Psychiatry article (DOI:10.1186/s12888-021-03542-2) on experiences of healthcare staff providing community-based mental healthcare as a multidisciplinary community mental health team in 5 Central and Eastern European countries (Bulgaria, Croatia, North Macedonia, Romania and

Section D	Achievements and performance
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Montenegro).

5) Contribute to increased prioritisation and investment in good mental health systems and integrated approaches.

During this reporting period, the charity continued engagement with potential donors for the implementation the Tanzanian National Strategy through the Tanzania Mental Health Project Reaching Those in Need. This work is expected to materialise in a new project being funded during the following reporting period.

Section E	Financial review
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**Brief statement of the charity's policy on reserves**

Insight fund International's Reserves Policy states that money from unrestricted balances, which are not invested in fixed assets, are allocated to several designated funds. These funds are: 1) Continuity Fund; 2) Restructuring Fund; 3) Cyclical Maintenance Fund; 4) Dissolution Fund.

**Details of any funds materially in deficit**

Not applicable.

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:


- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F	Other optional information
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## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mohammad Haroon	
Position (eg Secretary, Chair, etc)	Chair	
Date	13.12.2022	



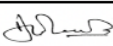
Charity Name		No (if any)		CC16a
Receipts and payments accounts				
For the period from	Period start date	To	Period end date	

## Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
GGZ NHM	30.678	-		30.678	-
RLMH	7.984	-	-	7.984	-
RLMH	7.660	-	-	7.660	-
CCRC	500	-	-	500	-
I Petrea	2	-	-	2	-
Refund bank charges	56	-	-	56	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>46.880</b>	<b>-</b>	<b>-</b>	<b>46.880</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>46.880</b>	<b>-</b>	<b>-</b>	<b>46.880</b>	<b>-</b>
<b>A3 Payments</b>					
Bank Charges	-	49	-	49	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>49</b>	<b>-</b>	<b>49</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>49</b>	<b>-</b>	<b>49</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>46.880</b>	<b>- 49</b>	<b>-</b>	<b>46.831</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>46.880</b>	<b>- 49</b>	<b>-</b>	<b>46.831</b>	<b>-</b>



## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		46.831	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	46.831	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Mohammad Haroon, Chair	13/12/2022	