

Prof. Pichet Udomratn, MD
Candidate For Zone 16 Representative of WPA
INTENDED WORK PLAN



Background of Zone 16

Zone 16 of the WPA is a huge area which has a wide variety of population sizes, incomes, and in resources in the mental health system. However, common challenges have been found, for instance, an insufficient number of psychiatrists and mental health workers, patients and families have a poor understanding of mental disorders, and the stigma of mental illness is still a major issue.

Why me?

I have worked with both the WPA and national societies in this zone since 2008. From 2008 to 2011, I served the WPA as the Vice Chair of the Working Group for the Revision of Curriculum on Psychiatric Education. In 2008, I was also the President of the ASEAN Federation of Psychiatry and Mental Health (AFPMH) and later became the President of the Asian Federation of Psychiatric Associations (AFPA). My experience working with many leading psychiatrists of the WPA and national societies will enable me to effectively serve the WPA as a zonal representative.

Goals of my work

My goals are to follow the core mission of the WPA (to promote the advancement of psychiatry and mental health and to increase the knowledge and skills necessary for psychiatrists to work in the field of mental health and care for the mentally ill). My additional goal is to encourage communication and co-operation among the member societies of Zone 16 and tighten the relationships between all member societies and the WPA.

My action plan

I will do my best to achieve the goals of my work and accomplish these seven activities.

- Follow the next triennium's action plan of WPA (2020-2023)
- Organize WPA meetings in Zone 16 to include the Regional Congress, Thematic Congress, and WPA co-sponsored meetings to transfer knowledge and expertise from the experts in both the WPA and in Zone 16 to early career psychiatrists while encouraging feedback
- Continue knowledge sharing in psychiatric care and mental health services through regional journals, the World Psychiatry Journal, and the regional psychiatric meetings such as the SAARC, ASEAN, and AFPA Congresses
- Support co-operation among member societies of Zone 16 to share interest in issues like mental health workforce, mental health policy and legislation, and include other common areas of interest
- Reduce the stigma of mental illness by implementing an anti-stigma campaign as well as the protection of rights of the mentally ill
- Strengthen the linkage between member societies of this zone with the WPA and start a new relationship between the WPA and non-member societies in countries like Brunei, Lao PDR, and Vietnam
- Raise public awareness of mental disorders by supporting member societies to organize the annual activities of World Mental Health Day, World Suicide Prevention Day, and World Bipolar Day

With your kind support and trust in my potential I will be able to implement my action plan as Zone 16 representative. I look forward to the superb opportunity to perform this job for the WPA.

With my best regards,

Prof. Pichet Udomratn, MD