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APRIL 6, 2009 AMSTERDAM - SEPTEMBER 10, 2009 NEW YORK

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MORNING PROGRAM

At Amsterdam, four parallel workshops for health experts will run from 8:30 am to 12:00 noon, including one coffee break.

**Workshop 1:** Chair persons -- Elizabeth Kilgore, NYC Department of Health and Mental Hygiene, New York; Arnoud Verhoeff, GGD, Amsterdam.
*Title: Public education and outreach by government organizations.*

**Workshop 2:** Chair persons -- Lloyd Sederer, NYS Office of Mental Health, New York; Wilco Tuinebreijer, GGD, Amsterdam.
*Title: How do we close the gap of care needed and care provided?*

**Workshop 3:** Chairpersons -- Chinazo Cunningham, Montefiore Medical Center and Albert Einstein College of Medicine, New York; Wim van den Brink, Academic Medical Centre, Amsterdam.
*Title: Opioid treatment in the Bronx and Amsterdam*

**Workshop 4:** Chairpersons -- Bill Tucker, Columbia University, New York; Jean-Paul Selten, Utrecht Medical Centre, Utrecht.
*Title: The big city and major mental illness: is primary prevention possible?*

In New York, three parallel workshops will run from 8:30 am to 12:00 noon, including one coffee break.

**Workshop 1:** Chairperson -- Udi Davidovich, GGD Amsterdam.
*Title: Public education on HIV/AIDS by the GGD*

**Workshop 2:** Chairperson -- Jack Dekker, Arkin Amsterdam
*Title: Best and evidence based practice of mental health organization in Amsterdam.*

Other topics and speakers will be finalized/announced soon.
AFTERNOON PROGRAM

At both sites, a series of lectures will be presented in plenary session from 2 pm to 5 pm, with one coffee break. The program includes:

Welcome: Marijke Vos, elderman of the city of Amsterdam

Introduction: Marjolein Verstappen, Board member, Agis Health Insurance.

Lecture 1: Arnoud Verhoeff and Wilco Tuinebreijer, both GGD, Amsterdam.
Title: What makes a city into a metropolis and what do New York and Amsterdam have in common?
Title: Public health problems and the efforts to solve them

Lecture 2: Lloyd Sederer, NYS Office of Mental Health, New York.
Title: Meeting the mental health needs of New Yorkers – and Amsterdammers

Lecture 3: Jean-Paul Selten, Utrecht Medical Centre, Utrecht.
Title: How to combat the epidemic of psychotic disorders among immigrants to Amsterdam.

Title: Beyond safety: the freedom to live one’s own life.

Lecture 5: Wim van den Brink, Academic Medical Centre, Amsterdam.
Title: Care of opiate-addicted patients in Amsterdam

Lecture 6: Chinazo Cunningham, Montefiore Medical Center and Albert Einstein College of Medicine, New York.
Title: Sketches from the Bronx—what we see and what we do!

Following a discussion period, concluding remarks will be presented by Paul Scheffer, publicist and professor urban sociology at the University of Amsterdam.

Reception from 5 pm to 6:30 pm: All conference attendees are welcome to join an on-site reception for informal discussion and refreshments.
Sponsors
THE HUDSON YEAR URBAN HEALTH CONFERENCE (HYUHC)

The organizers of the conference wish to express their gratitude to the following sponsors:

- GGD Amsterdam
- Gemeente Amsterdam
- Dienst Zorg en Samenleven
- AGIS zorgverzekeringen
- Ministerie van Buitenlandse Zaken
- AIDS Education and Training Center
- Montefiore Medical Center: The University Hospital for the Albert Einstein College of Medicine
- Aids Fonds
When Henry Hudson set foot on the shores of what has become New York, Amsterdam was already a flourishing city. Tolerance concerning freedom of religion and tolerance for the many different cultural and religious backgrounds of the new inhabitants was partly the key of the city’s success.

Nowadays, New York is one of the most important cities in the world. The cultural influence of the Dutch, especially this sense of tolerance and the urge for freedom, is still visible. In 2009, New York and Amsterdam are celebrating the 400 year anniversary of the bond between both cities.

One of the festivities is the Hudson Year Urban Health Conference, which is organized in Amsterdam on the 6th of April and in New York on the 10th of September. The presentations of the speakers and the images of New York and Amsterdam artists give the audience the opportunity to make a journey to parts of the cities you normally would not visit.

Dear Amsterdam visitors, and dear New York visitors
I hope you will enjoy the Hudson Year Urban Health Conference.

Marijke Vos
Focussing on the issues debated in the Urban Health Conference curator Ine Gevers made a selection of the artworks that will be presented in the major exhibition Niet Normaal * Difference on Display, due from December 2009 until March 2010 in the Beurs van Berlage, Amsterdam. Niet Normaal questions normality in a society that is increasingly turning perfection into a standard for everyone. Perfectibility, market and media increasingly decide what is normal and what is not. There is a growing sense of urgency to question matters like homogeneity & diversity, genetic manipulation & biopolitics, and the new relationship between humans and technology. Niet Normaal invites artists and intellectuals from around the world to kick off this discussion.

Films and video works from Erik Olofsen, Mieke Gerritzen, Martin Lucas, The Butler Brothers and Dan Asher.

We kindly thank Laura Kurgan for the possibility to present her work “Million Dollar Blocks”.
Annaleen Louwes (1959) lives and works in Amsterdam
A PRIL 6, 2009 AMSTErDAM - SEPTEMBEr 10, 2009 NEW YOrK

At both HYUHC sites, the Dutch photographer Annaleen Louwes will present a series of photographs concerning urban health care in Amsterdam and New York. This visual display will highlight the similarities and differences between the two cities.

The photo book: “You can’t nail a pudding to the wall”, specially published because of this project, can be obtained for €10.- in Amsterdam and for US$ 15 in New York, at the registration desk.

Annaleen Louwes’ keen interest in the ways in which people survive in different circumstances and the impact that has on body-language is shown in several photographic series. Louwes investigates how she can approach her models in an observant but at the same time personal way. This approach is demonstrated in her Studies of Ko Moreau (2002) and her series of Rob K. (2005/2007), both residents of Louwes’s neighbourhood. She followed both men with her camera for over a year, frequently asking them to pose for her in her studio. Thanks to their prolonged contact she was able to explore a wide range of possibilities with regard to lighting, gesture, distance, colour and black and white. In this series Louwes concentrated on a single individual. In 2003 Louwes was an artist-in-residence at the psychiatric hospital on the site of the Willem Arntzhoeve in Den Dolder. During her stay there she photographed a group of ten people at regular intervals. The resulting pictures, The Fifth Season (2003) do not constitute a documentary but are rather a series of images that give a picture of the specific world in which they live. Jaap S. (2007) shows us photographs of an adolescent enclosed in his own environment.

Spring 2008 Annaleen Louwes was artist-in-residence in Albania. There she entered the world of the women-prison Ali Demi in Tirana. At the end period she made an exhibition (Burgu #325) and organized the occasion for the women to be free for 2 hours and to visit the show at the modern art Galeria Zeta.

Annaleen Louwes also works as a photographer on assignments for several cultural institutes, graphic designers and magazines such as: Nederlandse Dansdagen, Nationaal Toneel, Oostpool, Esther Noyons, Vandejong, Oog, Vrij Nederland, Volkskrant magazine, NRC.
Marjolein Verstappen

Board member, Agis Health Insurance

Marjolein Verstappen was born in Amsterdam in 1955. She studied non-Western Sociology at Leiden University and gained her doctorate in 1980.

She began her career at GAK – the Joint Office for Social Security Administration, where among other things she conducted research on the position of female employees and supervised the introduction of performance review interviews. She then moved to central government, working first for the Ministry for Social Affairs and Employment and subsequently for the Ministry of Finance. Within both ministries she concentrated on improving the position of women, the disabled and ethnic minorities in the labour market.

From 1993 she spent eight years working for the municipality of Rotterdam, where she held various positions prior to being appointed as Director of Operations and Management for the GGD Municipal Public Health Services in Rotterdam. From 2001 to 2005 she served in the same capacity for the GGD Municipal Public Health Services in Amsterdam and went on to act as Managing Director for the last three years of her time there.

While working for the Municipal Public Health Services Ms Verstappen gained a great deal of knowledge and experience of the provision of public mental healthcare in large cities. The Municipal Public Health Services in Amsterdam are very active in this field and fulfil both a directive and operational role in assisting people with multiple psychological problems including addiction.

On 1 November 2008 Ms Verstappen was appointed as a Member of the Board of Agis Zorgverzekeringen, where among other things she is responsible for concluding contracts with healthcare institutions that provide mental healthcare services and long-term (chronic) care services. Agis and the municipality of Amsterdam have signed a collaboration agreement that expresses their intent to work together to improve the quality of care in the city.

In addition to the work she does for Agis Zorgverzekeringen, Ms Verstappen also serves as a member of the Forum for the Netherlands Centre for Ethics and Health (a joint venture of the Health Council of the Netherlands and the Council for Public Health and Health Care), a member of the Supervisory Board of Pharos (a Dutch knowledge centre that specialises in healthcare for refugees, asylum seekers and migrants) and a member of the Healthcare Insurance Innovation Fund (Innovatiefonds Zorgverzekeraars).
Wim van den Brink (1952) received his medical training at the Vrije Universiteit of Amsterdam in 1981. From 1986 till 1987 he studied psychiatric epidemiology at Columbia University in New York USA supervised by Professor Bruce Dohrenwend and Dr. Bruce Link. In 1989 he received his PhD from the State University of Groningen, the Netherlands (Prof. Robert Giel). In 1992 he accepted a position as the first Professor of Psychiatry and Addiction in the Netherlands at the Academic Medical Center of the University of Amsterdam (AMC-UvA). He is also the director of the Amsterdam Institute for Addiction Research (AIAR). Since 1996 he is the scientific director of the Central Committee for the Treatment of Heroin Addicts in the Netherlands (CCBH), the committee responsible for the planning and execution of and finally the reporting on the Dutch heroin trials. He is the chair of the guideline committee about Alcohol Use Disorders and an advisor to the guideline committee and Drug Use Disorders. Recently, he was appointed as a member of the National Committee for the Evaluation of the Dutch Drug Policy. He is a (co)author is more than 400 scientific publications, and the supervisor of 40 PhD students. He is an (assistant) editor of Drug and Alcohol Dependence (DAD) and European Addiction Research (EAR). His scientific interests include the neurobiological basis of addiction, treatment effectiveness and improvements in the treatment system for addicted patients.
Plenary Speaker
THE HUDSON YEAR URBAN HEALTH CONFERENCE (HYUHC)

Chinazo Cunningham
Montefiore Medical Center and Albert Einstein College of Medicine, New York

Chinazo Cunningham, MD, MS received her undergraduate degree from Northwestern University, her medical degree from the University of California, San Francisco (UCSF), and completed her residency in primary care internal medicine at UCSF and New York University (NYU), followed by a year of chief residency at NYU. She later received her master’s degree in clinical research methods at the Albert Einstein College of Medicine. As faculty at Albert Einstein College of Medicine/Montefiore Medical Center for over 10 years, Dr. Cunningham has been caring for marginalized populations such as HIV-infected individuals, substance users, and the unstably housed throughout her career. She has developed unique and innovative programs to deliver health care to marginalized populations, along with research and evaluation focusing on their access to and utilization of health care. Dr. Cunningham works closely with community-based organizations and has been the principal investigator on several federally funded grants.
Elizabeth Kilgore, MA, is the Director of Media and Education at the Bureau of Tobacco Control at the New York City Department of Health and Mental Hygiene. Prior to her current position, Elizabeth worked as a qualitative researcher and conducted studies about tobacco, HIV, injury prevention, emergency preparedness and media evaluation. She holds a BA and MA in Sociology from Ohio University.
In April 2007, Dr. Lloyd Sederer of New York City was appointed by Michael F. Hogan, Ph.D., Commissioner of the New York State Office of Mental Health (OMH), to serve as Medical Director of OMH. In this role, Dr. Sederer will provide medical leadership for New York’s $4B mental health system, including accredited hospitals and community services in every county of New York State.

Dr. Sederer served as Executive Deputy Commissioner for Mental Hygiene Services in the New York City Department of Health and Mental Hygiene from 2002-2007, overseeing all mental hygiene services in NYC. He expanded and improved the quality of mental hygiene services for the three disability areas of mental health, mental retardation/developmental disabilities, and chemical dependency across the age spectrum from children to older adults.

Previously, he served as Director, Division of Clinical Services for the American Psychiatric Association in Washington DC, and prior to that as Medical Director and Executive Vice President of McLean Hospital in Belmont, Massachusetts, a not-for-profit hospital of the Harvard Medical School and one of the world’s foremost psychiatric hospitals.

He has served as a faculty member at Harvard Medical School, and published seven books, two through multiple editions, and over 165 professional articles and reports. He is currently Senior Lecturer at the Columbia/Mailman School of Public Health. Dr. Sederer is a Phi Beta Kappa graduate of the City College of New York and received his medical degree with honors from the State University of New York, Upstate Medical Center. Most recently, Dr. Sederer was recognized as the 2009 Psychiatric Administrator of the year by the American Psychiatric Association and was awarded a Rockefeller Bellagio Scholar in Residence grant.
Jean-Paul Selten received his medical degree from the University of Amsterdam and trained in psychiatry there. From 1989 to 1995 he worked as a psychiatrist at the admission ward of Rosenberg Psychiatric Hospital in The Hague, where he wrote his Ph.D. thesis about the subjective experience of negative symptoms. Since 1995 he is at the Department of Psychiatry of the University Medical Centre in Utrecht, since 1998 as Associate Professor. In 2004 he was registered as an epidemiologist. His research, which concerns the epidemiology of schizophrenia, has addressed the following possible risk factors for this disorder: prenatal exposure to maternal stress or maternal viral infection, gender, illicit drug abuse, and, in particular, migration. He conducted first-contact incidence studies in The Hague, the Netherlands, and in Surinam. The study in Surinam was the first study of its kind on the South-American continent. In collaboration with Elizabeth Cantor-Graae (Sweden) he developed the social defeat hypothesis, which may explain how social factors influence dopaminergic functioning in the brain. He was awarded the Janssen-Cilag Award 2000 for the most talked-about schizophrenia research conducted in the Netherlands.
Plenary Speaker

THE HUDSON YEAR URBAN HEALTH CONFERENCE (HYUHC)

Bill Tucker

*Columbia University, New York*

Dr. Tucker graduated from Harvard College and from the Columbia College of Physicians & Surgeons, where he is Clinical Professor of Psychiatry. He was Director of Residency Training in Psychiatry at the Roosevelt Hospital in New York City, then Medical Director of the New York State Office of Mental Health, and currently, a front-line psychiatrist with Pathways to Housing. He has maintained a part-time private practice for 35 years. He has published in the professional literature on psychiatric education, psychological trauma, telemedicine, and psychopharmacology. He is the author of a book for clinicians, *How People Change: the Short Story as Case History.*
Wilco Tuinebreijer (1961) received his medical degree from The University from Amsterdam. He was trained as a psychiatrist in Mentrum. He worked for the City Acute psychiatric service and in one of the Mentrum clinics. Since 2002 works for the GGD Amsterdam, where he works as a clinical psychiatrist, medical director of the ‘Vangnet en Advies’ department. He also trains residents psychiatrist in a curriculum Urban Psychiatry at the GGD. Since four years there he works on exchanging experience and knowledge in the field of addiction and urban psychiatry with different departments in New York city. He also participates in research concerning Urban environment and mental disease. A special field of interest is psychiatry and culture and he is advisor for the national psychiatry museum Het Dolhuys’.
Arnoud P. Verhoeff, Ph.D. (1960), is presently head of the Department of Epidemiology, Documentation and Health Promotion of the Municipal Health Service of Amsterdam, the Netherlands. Since 2006, he is also professor in Urban Health and Health Care at the University of Amsterdam, Department of Sociology and Anthropology.

Dr. Verhoeff is working in the field of urban health for more then 20 years. He started in the field of environmental medicine, especially on indoor and outdoor air pollution in urban areas and its health effects. In 1994 he was awarded a research fellowship by the Netherlands Organization of Scientific Research. As a visiting scientist he spend one year at the Harvard School of Public Health in Boston, USA. In the last ten years his research focuses mainly on health inequalities in multicultural urban populations, and the meaning of these inequalities for urban health care, health promotion and health policy. He is also in charge of the health policy plan of the city of Amsterdam.
Paul Scheffer (b. 1954) studied psychology and political science in Nijmegen, Amsterdam and Paris. He worked as a correspondent in Paris and Warsaw. He writes columns and essays for the daily newspaper NRC Handelsblad and other European newspapers, made several documentaries for television, and taught modern history at the Universities of Amsterdam and Groningen. Since 2003 he is professor of urban sociology at the University of Amsterdam. He has written books on Dutch history and on European integration. His latest book is about immigration and integration in Europe Het land van aankomst (The land of arrival 2007) and will be published in several European countries.
Dr. Udi Davidovich is a social and clinical psychologist. He works at the Amsterdam Health Services as a senior researcher and head of the unit for Online Research and Prevention (ORP). Since 1998, Udi concentrated on the study of the determinants of sexual risk behaviour among different risk groups, the translation of these findings into prevention strategies and their transformation into workable prevention interventions. In recent years, Udi has deepened his interests in the development of methodologies for the usage of the internet as a tool for the empirical study of sexual risk behaviour (e.g. online qualitative interviews with webcams) and the development and evaluation of HIV and STD online prevention interventions. Since 2000, Udi has been an annual guest lecturer at the University of Amsterdam, at the Medical Biology department; The Free University Amsterdam at the Communication Science faculty, the University of Utrecht (until 2004) at the department of Health Psychology and the University of Leiden, at the faculty of Social and Behavioural Sciences. Since 2006 Udi is an International Editorial Board member of the Journal AIDS Care.
Jack Dekker is professor of Clinical Psychology at the Free University of Amsterdam. He wrote his PhD thesis of the efficacy of day- versus inpatient treatment of psychotic patients. He conducted the first randomized trial in the Netherlands, comparing Assertive Community Treatment with care as usual of chronic psychiatric patients with psychotic disorders. He has a keen interest in health care efficacy studies, the epidemiology of psychiatric disorders and the influence of urbanisation. As head of the Research Department of Arkin he also has a tradition in studying pharmacological and psychotherapeutic interventions in depression in consecutive randomized clinical trials.
Organizers, partners and advisors
THE HUDSON YEAR URBAN HEALTH CONFERENCE (HYUHC)

Organization:
GGD Amsterdam
DZS (Department of care and society, Goverment city of Amsterdam)
New York City Department of Health and Mental Hygiene.

Partners:
- New York University
- Columbia University
- Ministry of health, and foreign affairs The Netherlands
- John Adams Institute Amsterdam

Board of advisors:
Th. Frieden, Director NYC Department of Health and Mental Hygiene
B. Um, Special assistant to the Commissioner NYC Department of Health and Mental Hygiene
M. Verstappen, The Board Agis Zorgverzekeringen
D. van Traa, Project manager New Amsterdam 2009
M. Wainberg, Columbia University, New York
C. Cunningham, Montefiore Medical Center Albert Einstein college of Medicine
P. Meacher Montefiore Hospital New York
I. Gevers, organisation Niet Normaal, The Netherlands
Prof. Dr. J. Dekker, Arkin Amsterdam
M. de Wit, GGD Amsterdam
W. Tuinebreijer, GGD Amsterdam

Partner DZS: Care and Community Services
In Amsterdam, the Social Support Act (Wmo for Wet maatschappelijke ondersteuning) is executed by the Department for Care and Community Services (Dienst Zorg en Samenleven) in conjunction with the city districts.
The Social Support Act came into effect on January 1, 2007. The Act is designed to enable people to live independently and to participate in society for as long as possible.
The Municipality offers aid concerning health questions, accommodation, shelter and guided living. In accordance with the Social Support Act Wmo, the Municipality provides aid both in and around the home and in the neighbourhood.
This may include minor modifications to your house, a local community centre, youth work or meetings for the elderly. Home services such as alarms or volunteer assistance are also included.
The Municipality also provides outpatient addiction care, women’s refuge, public mental healthcare and support for volunteer workers and volunteer aid workers.
The Department for Care and Community Services is responsible for the programme to reduce long-term homelessness and to improve social services such as housing-services, day activities and labour and care. The target for long-term homelessness should be eliminated entirely by 2010.
Themes and Topics
Big cities are inhabited by many groups of marginalized people. The mental illnesses, addiction, and other health problems from which they suffer have an impact on the individual and on society as a whole. Our conference goal is to introduce these problems and to show a broad audience the progress made and the continuing attempts to find solutions. An important purpose is to raise more understanding and tolerance among the people living in these cities. Each afternoon speaker will present a controversial statement to discuss with the audience. At the morning workshops, health experts will meet and share knowledge to strengthen the already existing work relations between New York and Amsterdam.

Badges
All registered participants will receive a badge when they pick up the program book at the registration desk. Please be so kind to return the batch at the end of the conference.

Accreditation
The conference will be accredited by: the Accreditation Board of Social Science Physicians of the Royal Dutch Medical Association and the Accreditation Board of Psychiatry of the Royal Dutch Medical Association.

Conference site NY
Columbia University, Department of Psychiatry, 1051 Riverside Drive, first floor auditorium, New York, NY 10032.

1) 168th Subway Station (A – Express; or local C or 1)
2) Walk west to 722 West 168th Street (New York State Psychiatric Institute).
3) Take the Bridge to the NEW Psychiatric Institute (1051 Riverside Drive).
4) The Bridge takes you to the 6th floor of 1051 Riverside Drive.
5) Take the elevator down to the 1st floor.
Workshop 1

Chair persons -- Elizabeth Kilgore, NYC Department of Health and Mental Hygiene, New York; Arnoud Verhoeff, GGD, Amsterdam.

Title: Public education and outreach by government organizations.

Elizabeth Kilgore will discuss her Bureau’s experiences with utilizing media to affect the smoking prevalence in New York City. She will explain New York City’s history with anti-tobacco media and how they decided to radically change media content to include graphic, hard-hitting anti-smoking messages. She will also describe their undertaking of the development of their own media and the lessons they have learned throughout the process.

Workshop 2

Chair persons -- Lloyd Sederer, NYS Office of Mental Health, New York; Wilco Tuinebreijer, GGD, Amsterdam.

Title: How do we close the gap of care needed and care provided?

Workshop 3

Chairpersons -- Chinazo Cunningham, Montefiore Medical Center and Albert Einstein College of Medicine, New York; Wim van den Brink, Academic Medical Centre, Amsterdam; Jack Dekker, Arkin Amsterdam.

Title: Opioid treatment in the Bronx and Amsterdam

Workshop 4

Chairpersons -- Bill Tucker, Columbia University, New York; Jean-Paul Selten, Utrecht Medical Centre, Utrecht.

Title: The big city and major mental illness: is primary prevention possible?
Lecture 1

Arnoud Verhoeff and Wilco Tuinebreijer, both GGD, Amsterdam.

*Title: What makes a city into a metropolis and what do New York and Amsterdam have in common?*

*Title: Public health problems and the efforts to solve them*

A metropole is more than just a lot of buildings. Being a place of innovation and movement is just one of the characteristics. A metropole is also characterized by a diverse population. Diversity with respect to social economic status, cultural and ethnic background, and household composition. An increased risk of addiction and mental illnesses is another characteristic.

In this lecture a short overview of the mental health status of the populations of the cities of Amsterdam and New York will be presented, as well as the history of the mental health care in both cities. Also the problems the cities face and the different solutions they have developed to deal with these problems.

We will show some attempts how both cities take care of their vulnerable citizens to celebrate the Amsterdam New York 400 year anniversary.

Lecture 2

Lloyd Sederer, NYS Office of Mental Health, New York.

*Title: Meeting the mental health needs of New Yorkers – and Amsterdammers*

The lecture will begin with the epidemiology of mental diseases and its services to identify both population need and where services are provided. We will then focus on efforts underway to transform mental health care in New York State by understanding the where major gaps exist between what we know and what we do. The lecture will then show system transformation efforts involving integration of health and mental health; integration of mental health and alcohol and drug disorders; standards of care for outpatient clinics; and improving the quality of medication prescribing throughout New York State.
Jean-Paul Selten, Utrecht Medical Centre, Utrecht.

Title: How to combat the epidemic of psychotic disorders among immigrants to Amsterdam?

There is an epidemic of psychotic disorders among migrants from developing countries to Western Europe. For example, the risk for Black Caribbeans and Black Africans in the UK is 5 to 10 times higher than that for white British people. In the Netherlands, the risks vary according to ethnicity and are highest for Moroccan-Dutch males: at least 4 times higher than for native Dutch peers. This paper will address the denial of the epidemic, its causes and the strategy to combat it.

DENIAL
Many migrants, both professional and lay, react by questioning the validity of the findings. This may be due to the feelings of shame concerning the rates of psychosis and thus to the belief that the victims of the epidemic must be saved from the stigmatizing diagnosis of schizophrenia. According to the migrants there is no epidemic. According to the psychiatrists, who remember the dogma from their textbooks that the rates of psychotic disorders do not vary between countries or ethnic groups, there cannot be an epidemic. For politicians it is safe (and cheap) to believe that there is no epidemic.

CAUSES
An excess of dopamine, a transmitter in the brain, plays an important role in the development of psychosis. Animal experiments have shown that social defeat may cause dopamine dysregulation. In one experiment a male rat (the intruder) is put into the cage of another male rat (the resident). Within a minute the resident attacks the intruder and prompts him to display submissive behaviour. Repeated experiences of defeat lead to sensitization of the dopamine system in the brain of the intruder. This means that the rat moves too much if his dopamine system is stimulated. Since psychotic patients also exhibit this dopamine sensitization, they resemble in some aspects defeated animals. We hypothesize, therefore, that the long-term experience of social defeat or social exclusion leads to sensitization of the human dopamine system and puts the individual at increased risk for psychosis (Selten et al., 2007). This may explain not only the increased risk for migrants, but also that for people with low IQ, victims of sexual abuse, and deaf people. Drug abuse is another cause of sensitization of the dopamine system, but explains the increased risk for migrants only in part.

PREVENTION
As the causes of the epidemic are mainly of a social nature, prevention is primarily a job for politicians, not for mental health professionals. Prevention can best be achieved by improving the social status of immigrants and by reducing the use of drugs like cannabis. It is worth considering here the difference between Europe and the US in the receipt of immigrants (Mees, 2007). Many immigrants to Europe are unemployed, receive income support and are forced to spend their day before the television set. They do not learn the language, do not meet with Europeans, and lose self-esteem. Immigrants to the US, in contrast, who are forced to take two jobs to survive, participate in social life, learn the language, and become proud of their achievements. The American system (opportunities and no income support) may work better than the reverse (income support and no opportunities). In Amsterdam, it is of vital importance to create thousands of jobs
for the large numbers of (first- and second-generation) migrants who fail to complete primary or secondary education.


**Lecture 4**

Bill Tucker of Columbia University and Pathways to Housing, New York.

*Title: Beyond safety: the freedom to live one’s own life.*

This presentation will highlight the rewards and challenges of providing treatment in the community for patients with serious mental illnesses and substance-use disorders. It will include case illustrations, so that participants can appreciate the risks and benefits that this alternative to chronic institutionalization offers. It will describe some of the policies that have enabled this form of treatment and suggest others that may be required to overcome some of the obstacles encountered. Finally, it will invite discussion from participants as to how New York and Amsterdam may enhance each other’s approaches to providing these patients with the freedom to live their own lives as they choose to do.

**Lecture 5**

Wim van den Brink, Academic Medical Centre, Amsterdam.

*Title: Care of opiate-addicted patients in Amsterdam*

Addiction in the Metropolis: lessons learnt and remaining issues
Heroin was introduced in the Netherlands in the early 1970s. Since then, Amsterdam quickly developed an active treatment offer for those drug users and addicts in need of support and treatment. Accessable and free of charge methadone maintenance treatment (MMT) has always been a corner stone in this effort to curb the problems of both the patients, their family members and society as a whole. The Municipal Health Services (GGD) and the Jellinek Treatment Center have been able to involve about 70% of the heroin addicts in the city in either MMT or abstinence oriented treatment ever since. In addition, needle exchange programs, HIV and Hepatitis prevention and treatment services have been established in response to the HIV epidemic, and treatment programs were extended to jails and prisons. In general, most of these programs have been quite successful. However, a substantial number of drug addicts have not been able to benefit from these services, and additional treatment initiatives were needed. Some of the well known, but untested, experiments are those on the prescription of dextramoramide and intravenous

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methadone in treatment refractory heroin dependent patients in the 1980s. In 1996, the study on the medical prescription of heroin to chronic, treatment refractory heroin addicted patients started in Amsterdam. This study showed that addictional services were able to improve the lifes of many heroine addicted patients that were not able to benefit from MMT. However, again some of these patients remained treatment refractory. One of the many possible reasons might be that meanwhile crack cocaine became the most problematic drug for many of these people. Therefore, new psychological and pharmacological experiments are planned, including a combination of heroin assisted treatment with contingency management with cocaine free urines as the direct goal and the prescription of stimulant substitutes such as modafinil and dexamphetamine. In addition, safe injection and user rooms remain available for those who refuse to take part in treatment activities and those who do not benefit from all treatment currently available. However, even when all these services are in place, a relatively small but noticeable group of harddrug users remain undertreated and criminally active resulting in substantial public nuisance. Therefore, new criminal justice measures, including imprisonment with coerced treatment options, were developed with coerced aftercare. Based on a first evaluation of these kind of initiatives, it seems that some improvement can be expected without solving the problem completely. Finally, some of the most dysfunctional addicts, often with comorbid severe mental illnesses, are expelled from the city in order to be treated in a mental health institute especially designed to take care of these patients. Taken together, Amsterdam offers a broad spectrum of treatment and support services for its harddrug dependent citizens. Many of them will benefit from these services. However, some of them are not willing to participate and some will get stuck between the different organizations due to a lack of connectivity and shared responsibility. For example, prison treatments are promising, but aftercare often fails due to miscommunication and lack of planning. There is reason to be proud of what has been established so far, but there is no reason to be layed back and satisfied. There is still work to be done and better results to be achieved.

**Lecture 6**

Chinazo Cunningham, Montefiore Medical Center and Albert Einstein College of Medicine.

*Title: Sketches from the Bronx--what we see and what we do!*

Dr. Cunningham will present two innovative programs that aim to improve access to care among HIV-infected, opioid-addicted, and unstably housed individuals. One program involves close collaboration between an academic medical center and a community-based organization, medical outreach to hotels (that serve as temporary emergency housing), and the delivery of health care outside of traditional medical settings. The other program provides opioid addiction treatment with buprenorphine outside of a traditional drug treatment program. Dr. Cunningham will describe the evolution and sustainability of these programs and present results of program evaluations.
Workshop 1

Chairperson -- Udi Davidovich, GGD Amsterdam.

*Title: Public education on HIV/AIDS by the GGD*

Online public campaigning for sexual health: the role of Internet interventions, their potential and current achievements

Online prevention interventions have been increasingly used by the Amsterdam Health Services to influence health-seeking behaviour and sexual behaviour among different risk groups for HIV and other STD’s. In this presentation we will discuss the present targets, present achievements and the potential of online interventions. The presentation will be illustrated by three ongoing targeted campaigns: an online intervention for the promotion of safe sex among gay steady partners (in www.mantotman.nl), an online internet intervention for the promotion of safe sex and HIV testing among heterosexual youth: www.vrijlekker.nl, and an internet tool for the facilitation of STD screening among gay men (in www.mantotman.nl).

Workshop 2

Chairperson -- Jack Dekker, Arkin Amsterdam.

*Title: Best and evidence based practice of mental health organization in Amsterdam*

Urban-rural comparisons in the Netherlands showed significant urban-rural differences in prevalence rates for one or more psychiatric disorders (77% higher in the most urbanized category of municipalities). In Amsterdam this percentage was even more. These higher psychiatric morbidity and (un)met needs in the Amsterdam population had consequences for the development of the mental health in Amsterdam concerning psychiatric crises, (un)voluntary admissions in intensive care units, and the care of severely mentally ill patients. In this presentation we will discuss these four themes.
Exhibition
Richard Avedon - Photographs 1946 – 2004
13 February - 13 May 2009

Foam_Fotografiemuseum Amsterdam presents the first retrospective of work by Richard Avedon since his death in 2004. Avedon was a legend in his own lifetime, and remains one of the leading photographers of the latter half of the twentieth century. He enjoyed a star status that never left him. It was as a revolutionary fashion photographer that Avedon made his name in the 1950s. He was also a major innovator in modern portrait photography. Rather than portray famous figures in stiff, conventional poses, Avedon's powerful, subjective manner penetrated the personality of his subject. The exhibition features over 200 works and demonstrates the range of Avedon’s unique vision: from the glamour of the Parisian fashion world of the early 1950s, the many portraits of public figures, his ten-metre-long work The Factory, a selection from his famous In the American West series, to photos taken shortly before his death in 2004.

Attendees of the Hudson Year Urban Health Conference will get a reduction of 50% on the entrance fee at Foam, by turning in this page in the week of 6 to 13 April 2009 (€ 4.50 in stead of € 9.00, not in combination with other offers).
Tentoonstelling
Richard Avedon - Photographs 1946 – 2004
13 februari t/m 13 mei 2009

Foam_Fotografiemuseum Amsterdam toont de eerste overzichtstentoonstelling van Richard Avedon na zijn overlijden in 2004. Avedon was tijdens zijn leven al een legende en wordt algemeen gezien als een van de belangrijkste fotografen van de tweede helft van de twintigste eeuw. Hij had een sterrenstatus die hij behield tot aan zijn dood. Avedon maakte in de vroege jaren ‘50 naam als revolutionair modefotograaf. Daarnaast was hij een groot vernieuwer binnen de moderne portretfotografie. Beroemdheden werden niet langer stijf en conventioneel getoond, maar op een sterk subjectieve manier waarbij Avedon diep doordrong tot iemands persoonlijkheid. De tentoonstelling omvat meer dan 200 werken en toont de reikwijdte van Avedon’s unieke visie: van de glamourfoto’s van de Parijse modewereld begin jaren vijftig, de vele portretten van beroemdheden, zijn tien meter lange werk The Factory, een selectie uit zijn fameuze serie In the American West tot opnames gemaakt kort voor zijn dood in 2004.

Deelnemers aan de Hudson Year Urban Health Conference krijgen in de week van 6 tot 13 april 2009 een korting van 50% op de toegangs prijs bij Foam, tegen inlevering van deze pagina. (€ 4.50 i.p.v. € 9.00, niet in combinatie met andere kortingen).