

0:00

[Music]

0:09

[Applause] [Music] good afternoon everybody and welcome to

0:16

this event an inclusive planet inclusion

0:21

mental health and climate change you who are in the room you are very

0:27

welcome and those who are joining online you are also very welcome good morning good

0:33

afternoon good evening i am delighted to

0:39

welcome you to this event hosted by cbm but in collaboration with our partners

0:46

humanity and inclusion the international disability alliance

0:52

and repsi in zimbabwe

0:58

our aim is to make this event as participatory as the

1:04

confined space allows because we recognize that you sitting still and listening to us for a

1:11

long period of time will probably end up with all of us sleeping so

1:17

in the light of starting you off with a little bit of an

1:22

energizer i'm going to ask you to participate in a quiz

1:27

and those of you who are watching online you are also invited to join in this quiz please don't cheat no

googling

1:34

allowed the first question is a very

1:41

general one and you may know the answer to this i'll just let those who are coming in

1:46

arrive because i do not want them to miss the quiz

2:11

cbm's vision is of a world where people with disabilities are fully included

2:19

and meaningfully engaged in development and humanitarian action

2:27

what percentage of the global population do you think

2:33

are people with some form of disability now the way that you are going to

2:39

indicate your answer is the highest number if you think it's 15 percent of the world's population

2:47

you're going to put your arms in the air if you think it's ten percent you're gonna put your hands on your shoulders

2:53

and if you think it's five percent the lowest number you're going to keep your arms down so i'm going to ask you to vote

3:01

a b or c hands in the air hands on your shoulders or hands down what percentage do you

3:06

think it is there's so much copying going on in this room that was very definitely crowd copying

3:12

bit of a herd well you are all correct

3:17

it is indeed 15 of the world's population

3:24

however that 15 percent that one in seven

3:30

is not evenly distributed so it is not that

3:35

one in seven people of the people that you know is likely to have some form of disability even if it's invisible

3:42

so the second question is actually what percentage of those people living

3:50

with disability live in low and middle income countries in poor countries

3:56

again the highest number possible if you think it's 95 percent you're gonna put your hands in the air if you think it's 80

4:03

percent you're gonna be hands on your shoulders and if you think it's 65 you'll keep your hands down

4:09

i invite you to vote now

4:16

yeah you're all a bit too good [Laughter]

4:21

i'm not sure we're gonna teach you anything this afternoon it is indeed

4:26

80 that is four out of five

4:33

of the people living with disabilities live in places where they regularly do

4:38

not have access to the education to the health care to the employment

4:44

opportunities to inclusion in community religious social political and so on

4:49

structures they are excluded on so many fronts because they live in poor communities

4:56

so let's find out the next start which i'm hoping they get a bit more difficult

5:02

because otherwise this could be very short in some low-income countries mortality

5:08

rates for children with disabilities under five

5:13

can be as high as eighty percent sixty percent

5:20

forty percent what do you think are the mortality rates for children

5:26

who are born with disabilities under five or who live who develop or who live with disabilities

5:31

it can be as high as vote now oh brilliant we've got a few different

5:39
answers there the answer is shockingly
5:47
80 so children who are born with
5:53
disabilities or who develop impairments that lead to disabilities under the age of five
5:59
are 80 up to 80 more likely to die even in countries where the overall mortality
6:07
rate is less than 20 percent so even in countries where actually
6:12
young children have much better life chances children with disabilities are still disproportionately affected
6:20
and the last question only what
6:26
percentage of women with disabilities in low-income countries are employed
6:33
compared with 58 of men with disabilities
6:38
so people with disabilities in general have fewer employment opportunities
6:45
less access to training less access to credit and so on but even in the countries where 58 of the men
6:52
are employed what percentage of the women are employed do you think it's 35
6:59
20 or 10 vote now
7:11
finally we have an answer that's actually raised a new issue for you it is 20 of women
7:20
so they are less than half as likely as men to find paid employment and this is why they
7:27
often end up in informal and precarious employment or livelihoods and we will
7:33
touch on that a little bit in this session so this is a summary of the answers to this
7:40
quiz you can see people living in poverty
7:46
with disabilities face numerous challenges and that is because
7:51
there is a cycle of poverty and disability if you are poor
7:57
you are more likely to live in hazardous places you are more likely
8:02
to develop some kind of impairment if you are working a hazardous role you are
8:07
less likely to access healthcare and so poverty can lead to impairments or
8:13
disability and if you have a disability you are less likely to be able to get a job you possibly weren't able to go to
8:20
school and therefore your educational attainment was reduced you are possibly excluded by your
8:26
community your child might be excluded by other children in their class by the parents
8:31

by the teachers so there are many barriers that people with disabilities face which mean that
8:36
the poverty and disability cycle goes on
8:46
in situations of climate crisis
8:52
we find that the existing exclusions that people with disabilities face
8:58
are exacerbated so if you are regularly excluded from your community because of stigma because
9:05
of suspicion at times of crisis that becomes more intense
9:12
and we find that people with disabilities for example are trampled in the rush to reach emergency shelter
9:19
don't know about emergencies that are emerging because the communication is only delivered in one format
9:27
because the care and support system upon which they rely breaks down at times of
9:32
crisis or because of other multiple barriers
9:37
so those things which exclude them in their normal life become much worse at times
9:43
of crisis and because people with disabilities tend to live in disaster
9:48
prone areas because they are poor they are
9:54
more impacted upon by climate change but less able to fall back on the kind of
10:00
security nets that those who are a little bit higher up the income bracket
10:05
can rely upon so those agencies that are providing
10:12
responses to the climate crisis often don't take people with disabilities into
10:18
account they're just not aware that there may be additional and differing
10:23
needs so they exclude them from their climate change response
10:29
this means that they are left behind the most marginalized people who are experiencing the climate change
10:34
about which they had very little to do are left behind in the climate response
10:40
they are also not included at all in the consultation about the best way
10:46
to prepare for and respond to climate crisis
10:51
so there's almost no consultation with those people who are actually experts in their own context those
10:59
people who could provide the best possible solutions to how they could contribute to and be
11:06
best catered to in climate change response are not consulted
11:11
so the purpose of this session is really to raise these issues to give you some specific examples from some of

11:19

our partners who are living this reality at the coalface and also to provide some practical

11:26

solutions for how we can move forward in a more inclusive climate response and

11:32

we're definitely going to have a call to action at the end because we don't want any of you to leave this room without at

11:39

least some idea of what you as an individual can do i think we can feel quite overwhelmed

11:45

by the climate situation and this is an area where we can all do something

11:50

we are all gandhi's grains of rice and each one of us individually is going to make a difference and so at the end of

11:56

this session that is our aim that you will take away at least one positive commitment to move forward

12:04

so i am going to hand over now to our panelists who are going to take you

12:12

through about half an hour of questions with expert answers and then there'll be a chance

12:19

for you to interact a little bit more with some very specific spotlights on

12:25

three areas upon which they touch so i'm going to hand over now to sue no i'm not

12:31

i'm going to show a climate film which is actually giving you from the

12:38

horse's mouth so this is the voices of people with disabilities who are actually experiencing this and

12:44

this is them telling us about what their experiences of this impact

12:55

disability inclusive climate justice

13:01

what's the impact look at floods according to the impact and

13:07

what is happening now in rain patterning when it rains sometimes and the flood

13:12

comes people can run away but a person with disability with wheelchair can be left and swept away by the water in most

13:18

situations uh camps to host refugees or internally displaced people

13:24

are not designed accessible

13:32

some so that's why we need also to be included so that we give our issues and

13:38

we give our our appeals what are the barriers

13:43

hardly persons with disabilities are sort of reflected in any policies

13:50

or any documents strategies national action plans

13:56

on climate change governments have focal points who work on climate

14:04

and environment but these focal points are hardly reaching to disability focal points and the needs of person with

14:12

disabilities varies from one individual to another individual not only in terms

14:17

of impairment but also the different social categories like gender ethnicity

14:23

geography social and geographical conditions as a journalist you're at the mercy of

14:29

editors making the decisions about whether they think disability climate change and migration is the important

14:35

story of the day and sadly they're really really struggling to see that right now

14:41

solutions but person with disability especially

14:47

persons who are living also in the rural areas or indigenous communities they really know they have a really deep

14:53

knowledge about how they can survive everybody else in the world

14:59

and cleaning people learning disabilities should be included in climate change

15:05

people with disability need financial support to advocate about climate change in the

15:11

communities where they live but this need to be more

15:16

disability leadership on the ground we have successfully done

15:22

work around urbanization and low carbon transports to make sure that disabled people and

15:27

our rights are included if these policies and programs are designed based

15:34

on consultation with people with disabilities and their representative organizations

15:39

they can be actually wonderful opportunities not only to address the climate crisis but also to

15:47

enhance inclusion of people with disabilities to enhance accessibility

15:52

because accessibility is not something you can add on to programming program implementation

15:58

but it has to be embedded throughout everything we do the most important things that need to be changed is uh

16:07

for the duty bearer to make sure that there is participation

16:14

of the people uh that they are targeting you know if we are not going to act now we are not

16:21

going to act now at the moment then things might not be we will be too

16:26

late to to to bring these old issues involved

16:32

this video was produced by european disability forum and cbm global disability inclusion

16:42
with thanks in alphabetical order to abnerman lapis from the philippines

16:49
betik yomahendo kyogabirwe from uganda alham yosefian from the usa

16:55
furiel aljubi from the uk hannes yulin lagrelius from sweden

17:00
holly ann brooks from the uk jason bolberg from new zealand jordan milroy from samoa and new zealand

17:08
manasi and tutu from kenya pratima garung from nepal rokyatu rose

17:14
de akitay from mali rosario gallarza from peru

17:20
and signing meli tawaki from fiji

17:26
and the reason that we left that slide up often in the uk in places where we live we

17:32
just whip through those slides for us it is really important that people with disabilities

17:37
have a voice and one of the questions that we will be asking is who is in the room

17:42
who is actually having the discussions and making the decisions now i'm going to hand over

17:48
to our fantastically expert panel and sue who is cheering for us is going to

17:54
introduce them to you thank you kirstie

18:01
good afternoon everyone thank you for being here in a busy day and a long way from the blue zone

18:08
um today we have three x4 expert uh panel members one

18:15
online so um i'm sorry i cannot but busy marunda is

18:22
the director of the regional psychological support initiative in zimbabwe

18:28
jose vieira on the on my far right is the ceo of the world blind union

18:34
jennifer sorry jennifer um is the global policy lead for disaster

18:41
risk reduction and climate change at humanity and inclusion and dr julian eaton in the middle is the

18:49
mental health director of cbm global so let me begin

18:55
grilling you this is your chance to explain to the world what they need to know

19:01
about these topics the preamble to the 2015 paris agreement

19:06
identifies persons with disabilities who constitute 15 percent of the world's population

19:13
as one of the groups most acutely affected by climate change yet they have been largely excluded from

19:19
climate decision-making processes and action what are some of the reasons for this

19:26

jose first and then we will go to busy who was online jose thank you sue

19:32

good morning good afternoon good evening everyone let me take this opportunity to thank

19:38

the organizer of the event for allowing us to be present here um

19:43

answering the question i think um recently there has been a publication

19:49

from the global action and disability network and there is a working group actually on

19:56

an inclusive climate change and i think reading that

20:02

that paper we can clearly see some of those reasons that are

20:07

preventing people with disabilities to be fully included in this discussion first of all i would say that

20:15

we need to continue understanding the impact of people with disabilities

20:20

um that climate change is causing um even participating in different in

20:27

different events at this cup there is still a big gap in

20:32

how impactful the consequences are when we talk about climate change and persons

20:38

with disabilities the second reason that i would like to highlight here is that we still

20:44

see that those who are leading the discussions

20:49

around climate change have not yet put enough efforts to ensure that persons with disabilities

20:58

and their representative organizations can meaningfully participate in the

21:03

climatic the discussion in other words we are continuing seeing

21:09

the preconditions that are not particularly

21:15

emphasized from governments from international agencies to ensure the person with disabilities can

21:21

meaningfully participate in the discussions around climate change and basically what i'm trying to say here is

21:28

the lack of accessibility in a lot of the discussions that are taking place around climate change both national

and

21:35

internationally the last reason that i would like to highlight and this is a very short one

21:40

is that persons with disabilities not only are disproportionately affected by climate change but also

21:48

because of many other factors that impact their life like living in poverty

21:54

being uh displaced internally and and externally etc etc are affecting how

22:02

persons with disabilities can participate in the climate change discussion

22:07

thank you jose very important busy do we have busy with us

22:12

virtually i hope so yes yes yes we do

22:18

thank you um i think uh if we were to understand the

22:24

exclusion of persons with disability from the discourse on climate change we have to look at it from the point of

22:31

view of the the general exclusion that they experience in the

22:36

discrimination and inequality that they experience in all facets of life

22:43

in in access to service in in participation in relationships so

22:50

right from the beginning they start from a position of of being disadvantaged and

22:56

when they they have poor access to other means of of empowerment like

23:02

education health and so on uh it becomes difficult for them to be able to access information and

23:09

participate in the climate change discourse because they are already starting uh it is

23:22

we hope busy is coming back but it doesn't seem so

23:28

this is one of the challenges we have in this world i guess now at least

23:33

let me move to the next question and i hope when busy comes back she can answer a following question

23:39

so this exclusion that both speakers have described is both at the u.n framework convention on climate change

23:46

level but also on a domestic front what are some of the consequences of that

23:51

jennifer you're in the hot seat um okay

23:56

uh yeah thank you sue for this question and uh very happy to to be here with you all today um so indeed on the domestic

24:03

front as well a lot more needs to be done um basically we see that there's still

24:08

overall a lack of supportive attitudes um systems and structures within national

24:14

institutions uh to really make sure that the voices of persons with disabilities are heard and that their

24:20

experience of the climate crisis is understood and this has really severe consequences

24:26

on their lives on their livelihoods on their on their well-being if we take for instance uh the the

24:33

example of climate induced disasters uh such as floods and cyclones we know that climate change is intensifying this

24:40

phenomenon uh these disasters are becoming more frequent uh more more violent and they require

24:47

a very strong context-specific national disaster preparedness and management plans to protect at-risk populations

24:55

yet we see that most of these plans most of these mechanisms are not inclusive are not accessible

25:03

while we know at the same time that persons with disabilities are disproportionately affected they face

25:09

additional barriers in disaster situations they're at higher risk of of injury of death

25:16

of of loss of uh of property so

25:21

for instance if we look at early warning systems uh what we see is that most of

25:26

the time the warning information is not communicated is not disseminated

25:32

in an inclusive and uh an accessible way it's broadcast on on tv or using the

25:39

radio or using the internet but how is this working for a person uh with deafblindness for

25:46

instance or a person with a visual impairment or how is this working for a person with a disability who lives in a

25:52

in a poor community with a very challenging access to public services and and public uh in

25:58

information um so when you don't receive an alert

26:04

in an accessible and in a timely manner basically you simply can't prepare for for disaster

26:10

and you just don't have time to make critical life-saving decisions so we're

26:15

talking about really severe consequences in terms of of life and death

26:21

similarly as we saw in the short film evacuation protocols most of the time

26:26

they don't include pre-arranged procedures for the evacuation of persons with with

26:31

disabilities so if we take for instance the example of a of a wheelchair user um

26:37

a windshield user will need a tailored support to evacuate a flooded area

26:43

to reach an emergency shelter for instance hopefully this shelter will be accessible but most of the time it's not

26:50

the case so really we are it's the overall humanitarian response

26:56

uh that tends to fail to include uh persons with with disabilities and we don't see these personal evacuation

27:03

plans being thought of being developed and being implemented

27:09

so just quickly if i have time there's evidence showing that 80 percent

27:15

of persons with disabilities face significant difficulties to evacuate

27:20

in disaster situations so that's quite shocking and another shocking statistic that kirsty mentioned in the

27:26

introduction is that in the event of a disaster situation the mortality rate among

27:32

persons with disabilities is four times higher than that of the of the general population so really shocking uh

27:39

information to to keep in mind so we're talking about millions of people uh being overlooked uh being left behind

27:46

across the globe while we know that climate disasters are only going to increase and are only going to become

27:53

more uh violent and this is due to a lack of consultation as as the jose and

27:58

bc were mentioning a lack of consultation to inform national policies to inform national plans uh to make them

28:05

uh more inclusive so it's um it's a huge protection gap

28:11

and as it was mentioned in the introduction especially in least developed countries at the front line of the of the climate

28:17

crisis where persons with disabilities are over represented we saw that in the quiz and where they are uh most of the

28:24

time among the the poorest and the most vulnerable members of society and where they tend to live in hazard-prone areas

28:32

disaster-prone areas so this is a this is something we witness on the ground as part of our

28:38

disaster risk reduction projects alongside the disabled community in many vulnerable contexts this this

28:45

combination of poverty uh and disability really exacerbates uh exclusion and

28:50

makes it extremely challenging uh to take part in in the national conversation about climate change even

28:57

at the at the local level it makes it really challenging to be represented uh and to voice your concerns and your

29:03

lived experience so inclusion really deserves more more attention uh given the crisis we're facing and maybe one

29:10

last piece of information that i think we should really keep in mind it's uh it's projected that 200 million people

29:16

every year by 2050 will require humanitarian assistance as a result of climate change

29:22

and stresses and the vast proportion of these persons will be persons

29:28

experiencing some form of of disability uh so really inclusion uh cannot wait uh

29:35

it has to be on the on the top of the national agendas and it has to be embedded in climate action as of now

29:41

thank you thank you jennifer and thank you to h.i for your project work on this topic

29:49

so third question how can local civil society and organizations of persons

29:54

with disabilities more effectively add their voice to civil society advocacy shaping

30:00

preparedness and response planning for climate change how can we do better busy are you with us again

30:08

ah i don't know what had happened uh can i come in yes you can please

30:16

yes um evening i talked about the the limited broad inclusion

30:22

i think uh local ceos should start it advocating for broad inclusion which upon which

30:29

[Applause] climate change specific inclusion can then uh build and then rpgs should also

30:35

demand meaningful and not tokenistic point in climate action and put for

30:40

practical recognition of the fact that climate change is already mentioned disproportionately uh impacts on the

30:47

person's disability uh our indicators on climate change

30:52

action choose to also uh show meaningful involvement and should test

30:58

whether um there's a fully uh inclusion in in both preparedness and

31:05

response and also local cso should support empowerment of rpgs through

31:10

knowledge uh transfer and consultation so that the advocacy messaging and

31:16

advocacy actions are informed by the lived realities of of uh people with

31:22

disability and lastly cso should seek to influence the sendai framework processes

31:28

at local level so that um [Music] disability are meaningfully involved in

31:35

those processes and that also the local uh disaster preparedness

31:42

structures are held to account to the extent to which they've worked on

31:49

inclusion and lastly i'd like to say it's time to demand a rice-based approach to climate

31:56

change and also have evidence that there is uh inclusion and meaningful involvement of

32:03

persons with disability thank you so much we are so glad you could join us again and we were going to

32:09

come back to you one more time here in a little while so thank you very much um

32:14

jose can you answer that question the same question how can civil society

32:19

more effectively add their voice thank you sue um i think we we are at the point where

32:27

we more and more understand that if we want to advance the implementation of the crpd

32:35

more and more has to happen at the local level the fact that climate change is an issue that require

32:42

a lot of work with local authorities and it's very connected to

32:49

the community it's speaking to the fact that we need to do even more at the local level and maybe
32:57
continuing the discussion around transferring the global achievement into real change at the local level
33:04
so along with along with realizing that that is a clear way forward to advance the crpd
33:12
i think climate change give us and give us an opportunity where opd's in particular should first
33:19
be more equipped we should create the conditions for opd's to have
33:26
more capacity building opportunities we need to look at this issue as my colleague said
33:33
before from a human rights perspective and in particular expanding our advocacy
33:39
work and um in our investments around article 11 of the
33:44
crpd we need to equip our opd's better with with tools that are clearly coming from
33:51
the from article 11. at the same time we have a i would say
33:57
now a better understanding of the article 4.3 of the convention so there
34:05
is an increasing evidence that we need to have more consultation with opd's we need to
34:11
recognize opvs can be key partners and effective partners in inclusion and i
34:17
think when we um when we reach a point where our organization person with disabilities
34:24
are very equipped the next step would be for local soy social civil society
34:30
organizations to ensure that they are supportive of mainstreaming
34:36
disability even at this cup um it is clear as many others in the past that
34:42
civil society organizations have played a significant role in bringing the issues for example of of indigenous
34:49
people also from about persons with disabilities but i think civil society organizations
34:55
are now realizing that if they want to achieve their goals they need more participation of persons with
35:01
disabilities and i think that intersectionality between the role that opd's can play and the
35:08
civil society at the local play local level can play will definitely create better conditions for
35:14
opening doors and creating those preconditions that i was talking before in order to advance the crbd
35:22
great thank you jose so just quick how many people in the
35:27
room identify as would you identify publicly as a person with a disability
35:34
i see two hands how many of you work with organizations of people with disabilities
35:42
i see six eight ten hands that's that's pretty good numbers how

35:48

many of you identify as as being in civil society so you work with civil society

35:55

organizations i see maybe 20 hands jose

36:00

so that's a good thing and how about universities how many of you are associated with universities

36:06

the the core of civil society if i may say so thank you thank you very much i appreciate that

36:12

little bit of knowledge for us as a as a panel so my my fourth question is

36:18

it is important to amplify voices of people trying to advocate for marginalized interests with people in

36:25

power a lot of the people who speak truth to power already have power right

36:32

so whether in local national or international contexts what are some of the effective ways that

36:38

people can support and network in ways that enable positive engagement and action more

36:44

widely so my my first respondent is going to be julian thanks for the opportunity to speak

36:51

about this i think whenever i hear the word power my ears prick up because ultimately that's what it's all about

36:56

isn't it uh we've been here in this um quite privileged uh situation of a huge

37:02

conference and there's been an enormous amount of important work going on with negotiations but frankly our leaders

37:07

have failed us i would say we've known about climate change as a major risk to our planet for maybe 50 years and the

37:15

especially the business community but in many ways some governments as well haven't really moved on that until

37:21

people started standing up and insisting that we did something about it and i think that's what's going to change

37:26

things and we as jose so so rightly put it we can't actually afford to carry on ignoring

37:33

this huge constituency of people who have every right to a voice and are likely to be important and impactful in

37:40

changing things so we do need to amplify the voices of people with disabilities in this space

37:47

i think knowledge is power as well and uh if people are unaware of what's

37:54

happening we had very serious consequences of people dying because they didn't hear alarm bells or

38:00

they didn't hear about how they should escape from a dangerous situation but that's also happening at a kind of

38:05

political level that we have this this the fact that most people with disabilities are living in in the countries that are most

38:11

vulnerable to climate change and yet the discourse around climate change i don't

38:17

think has often reached villages the people are experiencing floods or

38:23

droughts or other things and it's attributed to an act of god a bad run of seasons you know

38:30

and if people are going to make a difference then they need to have information and knowledge about the the

38:35

world around them so i think i think again you know as jose said we need to have a degree of capacity building and

38:42

understanding among grassroots organizations including and especially people with disabilities who are have a

38:50

lot to say have an incredible capacity to change things for all of us and for the whole planet not just for their own

38:56

communities but in order to do that i think it is important that this kind of knowledge change exchange happens

39:02

and this conference here uh it has got a lot of people from the global south here has a lot of different constituencies

39:09

represented but not enough and you know we had a minister of a government unable to enter into the

39:15

building on monday and that was a scandal to which quite quite rightly the apologies were made but how much does

39:21

that filter through every level of the system where it's made difficult for people to access spaces where they can have an

39:28

important voice so we really need to change that if we're all going to benefit from those voices of people who

39:33

really know about the experience on the ground thank you thank you julian and jennifer how would

39:40

you amplify the voices well i very much agree with everything that's been said uh by by julian um just

39:47

to to to build on what he said and to adonai say that there's no small contribution um in the fight for

39:53

inclusive climate action and there's great power in advocacy at all levels

39:59

so yes indeed you can support a grassroots organization or a larger initiative you can write to your local

40:06

elected leader you can be active on social media

40:11

to amplify stories powerful narratives highlighting the lived experience of those with

40:17

marginalized interests there's a lot that can be done that can be taken up

40:22

by individuals by organizations by coalitions really at all levels

40:28

there's great power in advocacy thank you that's a really great message for us everyone has a voice in that
40:34

process we hope so my fifth question

40:40

is inclusive mental health and psychosocial support is an important component of emergency response in
40:47

general what approaches do we need to adopt to make sure that this is also

40:52

reflected in climate change preparedness and response and julian that's right in your wheelhouse yes it really
is

41:01

so we we've got an opportunity here to talk about mental health mental well-being

41:07

and climate change and frankly i'm pretty amazed that it's taken this long

41:12

so there are some people doing really important research around this and and you'll have heard terms like
climate

41:18

anxiety and and eco anxiety around um but it's really been something that i

41:24

think today has been under recognized uh specifically in relation particularly actually in this area to disability
uh

41:31

and inclusion that actually if you have other vulnerabilities as we've been saying

41:37

people with disabilities people who are very poor people who are living in particularly marginalized um
circumstances you also have a lot of

41:44

stress factors for mental health problems for distress uh and you're more likely to to have to deal with the kind

41:50

of stresses that um that other people don't have to put up with and therefore it's a completely central

41:56

part of what we need to be talking about in the broader discussion around around

42:01

climate change so i think for for us there's a lot of work to do it feels like we're just entering into a into a

42:08

new new area um but i think in terms of um the way that we think about these

42:13

things busy earlier talked about human rights approach and i think we need to be starting to

42:18

think about that there's some fascinating um thinking about the planet you know that we all need the planet
and

42:24

the the planet is a completely central part of what is is part of our well-being and that

42:30

well-being is really part of our of our mental health as well so i think i think in this context we really need to to

42:37

raise the the um issues around mental health uh and and well-being as a

42:42

contribution to the wider conversation about how we mobilize the the population

42:47

the community uh in order to have have the kind of impact we want and i'm going to be talking a little bit later
about

42:53

the practical ways that we've been doing that so i went so i won't take anything thank you

42:58

and busy i'm coming back to you i hope

43:05

yes thank you and and thank you julian

43:12

i think what we have to acknowledge is um climate change related disasters uh as

43:19

we've already said people are affected by poverty people who are affected by by

43:26

disability uh when faced with uh poverty

43:32

improvement for health are not usually on the table there's a lot of stigma

43:37

around issues of mental health issues for psychosocial support are regarded as um as a luxury so i think the first uh

43:46

point of call should be to consider build and inform the

43:53

players in communities which should include teachers uh organizations of persons disability health care workers

44:00

and local disaster coordination structures so that they mainstream mental health and psychosocial support

44:06

in emergency uh preparedness and emergency uh response so they're also a capacity built in psychological first

44:12

aid uh which is really an important offices and i think we also need to be

44:18

deliberately to seek to collaborate with traditional mental health pillars such

44:23

as religious leaders traditional and uh traditional leaders and traditional healers because they are usually the

44:30

first point of call when there is a a disaster they have access to to to to

44:35

the people and also we need to focus on having community conversations

44:41

uh in the stage of preparedness that mobilizes uh communities to have a sense

44:48

of belonging a sense of community a sense of community cohesion

44:53

and which seeks uh to to to to support emotional preparedness it is

45:00

okay and also to build on social capital in the sense of community for the community members and lastly there is

45:07

need for awareness campaigns before a disaster occurs and and and also to make

45:13

the most vulnerable members of the community so that members of the community are prepared to

45:18

be able to to support uh people with disability should

45:23

a disaster okay and also to be able to have conversations such as
45:30
everyone uh it decision makers
45:36
to treat some person with disability uh as active members of the community as
45:44
social contributors these economic uh contributors does that also contribute to their mental health and
psychosocial
45:50
wellbeing thank you thank you busy
45:55
so not to get too uh basic on you guys but the preamble to the universal of
46:00
declaration of human rights says whereas recognition of the inherent dignity and of the equal and inalienable
46:07
rights of members of the human family is the foundation of freedom justice and peace in the world
46:15
when we see disasters looming like mass
46:20
death of persons with disabilities because climate systems did not
46:26
anticipate their needs or speak to them about what would work for them when we
46:31
see 2050 looming as a potential of 200 million people
46:36
in crisis there is no freedom justice or peace in the world
46:42
when that happens and i would submit to you that we have to look not only at what is going to be
46:49
the change in our physical environment but what is the change in our
46:55
civil and political environment as well how will the anxiety of seeing our
47:01
brother perish how will that add to our
47:07
our just anxiety about what the world is and how we treat each other and how we think about each other
47:13
and how we protect each other article 1 of the universal declaration
47:19
says all human beings are born free and equal in dignity and rights
47:25
they are endowed with reason and conscience and should act towards one another in a
47:30
spirit of brotherhood these disabled people that we are talking to you about are your brothers
47:38
they are people who deserve your consideration as human beings
47:43
people who in order for you to be fully human you must consider their needs
47:50
the universal declaration of human rights is not an article about rights we give to
47:55
people because we deem them to be human these are rights that we recognize in
48:01

other people around the world because we are human
48:07
it turns on us and when we see the possibility of mass
48:12
death or tremendous suffering in classes of people with disabilities
48:18
around the world it takes away from our humanity as well
48:24
i learned a lot today on this panel i learned a lot from these experts let me see your hand if you learned
something
48:30
from our speakers today that's almost every hand in the whole place
48:36
thank you for that um i want to make sure that we thank the panel for sharing their knowledge with
48:42
us today and busy this is for you too
48:52
thank you thanks everybody
49:02
thank you sue as well for your masterful uh management of that of that um panel so we're coming now to
think a little
49:09
bit more in a focused way about mental health and well-being as a as a part of climate change in the way that
we're
49:15
increasingly uh learning about the importance of that and some of the practical things that we can do about it
49:20
so that's what we want to move on to i think there's been a lot of talk here um i was going to say i don't want
to quote
49:26
greta tembo but i will because it's always worth quoting greta turnbull she talked a lot about blah blah blah
49:32
and there is a frustration about about things not feeling like they're moving fast enough but actually i feel i feel
49:37
like i've learned an enormous amount here uh and that there is a lot that we're learning from the field as well
so that's what we're going to do today so
49:44
the first thing we're going to do is watch a video which is actually made by the organization that busy directs in
49:50
zimbabwe the the regional psychosocial support initiative and then we'll start talking a little
49:55
bit about a report that we wrote from many partners experiences around the world
50:01
[Music]
50:24
foreign
51:06
know
51:16
foreign
51:23
[Music]
51:31

[Music]

51:56

[Music] foreign

52:12

foreign

53:11

survivors of climate change that caused the devastating tropical cyclone heday

53:17

which hit shipping and the shimanomani districts of zimbabwe are living with a

53:22

mental instability most of the survivors are living in fear of another cyclone to

53:29

the extent that whenever they see clouds forming into rains they start to recall

53:34

the ordeal of tropical cyclone he died to them any form of rain means the coming of

53:41

another disaster those whose beloved ones disappeared during tropical cyclonic day and whose

53:48

whereabouts are still not known are being tormented daily with the absence

53:53

of assurance whether their relatives are still alive or are dead

53:59

they are failing to cope with the loss of their beloved ones and always see world visions whenever they start to

54:06

think about their beloved ones

54:18

thank you to our colleagues and partners in in zimbabwe for that film

54:25

so we're thinking about well-being in the environment i think it's important to start from uh the the big picture

54:32

of the way that this crisis this climate crisis is affecting

54:37

the world and that's really the first injustice so this is a picture here of a large a global map

54:45

where some countries are more highly lit up in red and it's a it's an environmental risk

54:51

index that shows that actually in many countries there are multiple different risks associated with climate uh in some

54:59

countries and as we've heard that is disproportionately in low and middle-income countries who the very

55:05

first injustice that we're going to talk about were least likely to have contributed to that that change

55:13

there are also the countries where most of the people with disabilities in the world live that's the first thing we

55:18

learned in our quiz this morning 80 percent of people with disabilities live in low and middle income countries so disproportionately

55:25

uh living in those environments and even more than that they're more likely to be within the particularly vulnerable

55:31

communities that they can't buy their way out of so that's the first the first kind of

55:36

broad setting of a scene where we know that having multiple risks for
55:42
climate change often overlap with multiple risks for well-being issues
55:50
so we know also that the um the impacts on on people with disabilities are much
55:56
more likely to result in a mental [Music] condition or anxiety
56:02
uh and we've heard about eco anxiety uh in high income countries and this is something that a very large
survey
56:09
recently that was done found a very high proportion particularly of young people express eco anxiety or
something that is
56:15
causing them even to make some quite significant decisions to change their their lives in the future in quite a
in
56:23
quite a negative way often and we need to think about how are we going to transform that anxiety
56:29
into potentially agency into wanting to change the world and feeling that you're
56:35
able to do that and a lot of what we've been hearing about today has been about enabling
56:40
people with disabilities organizations of people with disabilities to have a stronger voice and a stronger ability
to
56:46
make that change cpm has been working in many countries
56:51
for years both in mental health and well-being and thinking about psychosocial disabilities
56:57
and people with psychosocial disabilities is worth remembering are very vulnerable to the kinds of impacts
57:02
that we heard earlier about people with other disabilities there are many stories unfortunately of people who
are
57:08
even sometimes in locked environments who've been unable to escape when there are emergencies and so
they are
57:14
particularly vulnerable in those kinds of circumstances we've also been working in a
57:20
humanitarian response for many years in terms of mental health and psychosocial support for people who've
been involved
57:26
who are living in in disasters and emergencies and often supporting communities to be prepared and resilient
57:34
for those kinds of emergencies that happen sometimes about a year or a year and a half ago
57:41
as a team we were thinking about the fact that we're hearing that more and more of the kinds of emergencies
that we
57:47
were responding to seem to have a kind of climate element to them that more and more of them were
57:53

in places that were particularly prone to climate change and that people were saying actually this has happened because of a climate change event a good

58:01

example is madagascar so in madagascar there is now a four year drought

58:06

that has affected a whole area of the country and the un said recently this is

58:12

very unusual because the u.n is quite conservative when it comes to making statements and we've heard that with

58:17

ipcc as well they're very conservative with science things have to be very well proven before they say it

58:24

but in madagascar there isn't a conflict at the moment there isn't bad governance at the moment but the the crisis there

58:31

is leading to a famine that's the first time that we think it's a famine that's entirely because of climate

58:38

change not because the kind of usual complex situations that lead to lead to those

58:44

things so we thought we would write to our partners and say to them tell us a bit more about this programming you're doing

58:51

and i was incredibly surprised at the responses we got so many of our partners

58:56

in different countries wrote back and said we've been working in this for a long time and they have a depth of understanding

59:03

about how to engage that i i hadn't been aware of and and looking at the kind of

59:08

evidence base that we've been using in countries in terms of mental health and psychosocial support in emergencies but

59:15

adapting it to respond to particular circumstances so on world mental health day this year

59:21

the 10th 10th of october we released this report about some examples of practical

59:27

responses that have been carried out in different countries to to climate change emergencies

59:33

so first of all in burkina faso uh we we worked with um action control

59:39

to make sure that there was a mental health component to the context of migration which was putting

59:46

huge pressure on nutrition especially of of children to make sure that the kind

59:51

of stresses associated with living in in a resource constrained area where it's

59:57

so bad that your food is a risk that's a terrible threat to live with and has a huge emotional

1:00:02

consequence to take that to take that um issue seriously in terms of the

1:00:08

emotional consequence as well in sierra leone we heard about our partners there the mental health

1:00:13

coalition of sierra leone who were quick on the ground in responding when there was a flood and a huge mudslide because

1:00:20

they'd been building systems of resilience over the years before because

1:00:26

we had been working with psychiatric nurses and training frontline workers actually during the ebola crisis to be

1:00:32

able to provide psychosocial support for people people there we had similar stories in bangladesh with floods around

1:00:39

the rohingya response and very importantly integrated into all of this wasn't just

1:00:45

a response to the immediate needs of people in terms of their emotional needs but building resilience and making sure

1:00:52

that organizations of people with disabilities including people with psychosocial disabilities were part of

1:00:58

building solutions so it wasn't so bad next time and that kind of agency and

1:01:04

putting people in control of their situation is itself therapeutic and that was one of the really the really big

1:01:10

lessons we learned and i i won't go through every case because there each one of them did the report and i'd really encourage you to

1:01:16

to have a look at the report but what we decided to do is to see if we could pull together

1:01:21

some lessons from some recommendations that came out of this learning from multiple countries and actually we have

1:01:26

a paper coming out of this out on this intervention journal quite soon so what the the major recommendations

1:01:33

that we drew out of this well firstly um that we don't the last thing we need to

1:01:39

do is to fly in plain loads of councillors okay that actually any of us in a situation

1:01:46

where we're struggling to find food for our children or our house has been destroyed or

1:01:52

there's there's a a flood that stopped us being able to harvest our food is to sort

1:01:58

those basic needs out is to take away the stresses that are leading to mental

1:02:03

distress so that's that's the first thing is that the best thing we can do as psychosocial experts

1:02:09

is leave the people who are building houses and sorting the floods out to do their work first because those basic

1:02:15

needs have to be met first the second thing is that to date we've

1:02:21

actually become very good at doing many other components of response and resilience

1:02:27

building and preparing communities for potential disasters and not taking account of the emotional needs that are

1:02:34

there and that people often talk about we hope we heard earlier for some researchers from mcgill university

1:02:39

talking about their response to katrina and all the people they talked to talked to said

1:02:45

the biggest problem was the emotional impact it had on us we heard about grief in that in that

1:02:51

example from zimbabwe when you lose loved ones the terrible fear you have of another flood coming if the last one was so

1:02:58

disastrous for you and your family so we need to remember about the importance of emotional well-being

1:03:05

we're not always very good talking about about talking about our mental health you know but it's an area that we need to acknowledge and build into and invest

1:03:12

in as we develop systems to prepare we can't wait until things happen

1:03:18

especially as we know what countries tend to be more vulnerable so we need to be very good at investing in advance in

1:03:23

resilience building and and preparedness and that includes the planning that has

1:03:29

to include as we've heard so often people with disabilities people from local communities who understand their

1:03:36

context so well so if we don't include people who know their context very well

1:03:41

we're not going to have very good plans we're going to have forgotten about the importance of making sure that someone

1:03:47

could follow the evacuation plan in a particular community because we didn't seek their

1:03:53

advice about how they might might best do that so we've we've pulled these recommendations together we've we've

1:04:00

started integrating into the work that we're doing in mental health psychosocial support response and in

1:04:05

preparedness and in the way that we're working with organizations of people with disabilities in different parts of the

1:04:11

world so that we have a more holistic approach to responding to the very real climate

1:04:16

crisis that we're living in in the long term that's all from me thank you

1:04:26

[Applause] thanks so much julian we wanted to raise

1:04:32

this as a particular issue purely to really highlight the fact that people

1:04:39

with disabilities are not a homogenous group and even within

1:04:44

the group of people with disabilities there are varying degrees of marginalization and that often people

1:04:49

with mental health conditions and psychosocial conditions are the most excluded in their communities even

1:04:55
within the exclusions that we've already talked about this afternoon what we're going to do now is to take
1:05:02
three quick spotlight snapshot sessions to give you a little bit more of an insight into
1:05:08
three very specific areas and the first one of those if the technology allows we're going to go back
1:05:15
to zimbabwe and hear from johnson who led on the cyclone idi response
1:05:23
which you saw there very clearly in the video and the format of the next 40 minutes or
1:05:30
so will be that you'll have a presentation from the expert then there'll be a chance for a quick
1:05:36
discussion and then we'll have a question and answer so you'll have a chance to actually ask your questions
1:05:41
directly to those people leading the spotlight sessions and we'll move fairly quickly through
1:05:47
those three so that you can then go to your evening activities so the first spotlight
1:05:54
is asking the question how can community and regional structures
1:06:00
support a more inclusive approach to preparedness and response so i hope that
1:06:07
johnson fannie matenga has been able to join us from zimbabwe
1:06:12
johnson take it away thank you catsie
1:06:17
um that's a very important person
1:06:22
on how communities and other structures can support a more
1:06:28
inclusive approach it is important to recognize
1:06:33
that persons with disabilities have a right to participate
1:06:39
i think this has been emphasized by my colleagues who have contributed before
1:06:44
they are both beneficiaries and agents of development
1:06:49
they shouldn't be treated simply as part of a vulnerable group
1:06:56
so we need to fulfill their right participation by addressing the physical mental intellectual and
1:07:03
sensory barriers that hinder their full and effective participation
1:07:08
and my my colleague jose i think i'm addressing
1:07:14
his contribution earlier on on this one one of the most important principles to
1:07:20
follow is nothing for us without us
1:07:25
and this means that it is important to include persons with disabilities
1:07:30

from design to implementation so in response to
1:07:36
cyclonic you i think you have had a glimpse of what happened the individual that has
1:07:43
been shared earlier on the response to
1:07:48
the cyclone was inclusive in that persons with disabilities not only participated in activities
1:07:56
but they were also part of the team of facilitators
1:08:01
so what was clear was the need to tackle attitudinal barriers
1:08:07
for example perceptions that people with disability cannot learn
1:08:12
therefore they cannot contribute and that and and they have to be
1:08:18
represented that's a negative perception and it hinders efforts towards inclusion
1:08:26
reps works with young people and this includes young persons with
1:08:32
disability so we identified adolescence
1:08:38
um as an entry point to promote inclusion
1:08:43
and our program contributed to us empowering them to self-represent
1:08:50
and through that effort we were able to amplify
1:08:56
the voices of persons with disabilities
1:09:02
and we also tried to stop caregivers from representing
1:09:08
or speaking on behalf of persons with disability so we created inclusive support groups
1:09:17
that we call in repc myspace so the support groups helped amplify the
1:09:24
voices of persons with disability making them visible and also making it
1:09:29
very difficult to leave them behind in disaster preparedness and response
1:09:35
we also worked with dpos or disabled people's organizations including
1:09:41
wide world level disability committees and
1:09:47
these are district structures um which are as big as um
1:09:52
18 to 36 villages so you get an award so one of the components
1:09:58
in the comments that came from persons with disability was that
1:10:04
being in a workshop and learning about disability inclusion
1:10:11
created an environment for dialogue and understanding and this directly contributed

1:10:18
towards inclusion so we involved persons with disability both as
1:10:25
facilitators and also as participants and that's the comment
1:10:30
that came from um some of the participants that
1:10:36
were in our intervention so after the intervention
1:10:41
you will find that the capacity strengthened that way we we did
1:10:47
we saw local authorities inviting representatives
1:10:53
from committees and also allowing
1:10:58
dpos to be part of the meetings at district level
1:11:05
that discussed issues around climate change um disaster response early warning
1:11:11
systems and so on so it the effort included a voice within a
1:11:18
conversation surrounding a preparedness and response
1:11:23
so in summary i want just to say in response to that question that there is a need really to
1:11:30
one to promote participation and the second thing is to remove barriers
1:11:36
um to those to to participation and also promote self-representation
1:11:43
so that overall you find that inclusive inclusivity is
1:11:48
about a reform and we need to start that reform now
1:11:54
like my colleagues have mentioned thank you
1:12:04
thank you so much johnson now the news this week has been quite full
1:12:09
of the accessibility or lack of accessibility at cop but that goes much much further than
1:12:16
what we've seen in the papers this week many people are not here people from our
1:12:23
the global south who are our partners who are actually living this reality
1:12:28
and they aren't here for a number of reasons cost covid visas
1:12:34
you name it however we were really keen for our event today to reach more than the
1:12:41
people in this room and so what we're going to do now is to ask those of you who are present just to discuss
with
1:12:47
your neighbor for one or two minutes it may be somebody that you work with that you know well it might be
somebody
1:12:52

completely new and that's partly to discuss what you've just heard but also to give those who
1:12:58
are joining online the opportunity to type in some questions so that when we
1:13:03
have our short question and answer session with johnson we can include those people who are remotely
joining
1:13:08
the event and not able to be here so i'll just give you one or two minutes to just discuss with your neighbor
some of
1:13:14
the issues which have been raised by johnson or by the panel while we wait for some questions to come
through
1:13:20
remotely
1:13:34
could we have the slido code up please
1:13:41
great so if you're joining remotely here's the slido code
1:13:46
you can either photograph or you can type it in
1:13:52
silo.com and then type in the code
1:15:05
they pay attention to all of them
1:15:12
right
1:15:31
is
1:15:42
okay let me bring you back
1:15:52
so um johnson i hope you're ready i'm going to ask for questions in the room we've got
1:15:59
two runners so please use the microphone when it's brought to you
1:16:31
um it's not working let's try and sort that
1:16:37
out while we're trying to
1:16:44
another one coming down hello that's better i am lucy huno from
1:16:52
link education international thank you so much for all of the uh conversation and the talks it's been really
1:16:57
fascinating and terrifying to to listen to um i just wanted to i wanted to ask about what role
1:17:04
that schools and the education system could play in kind of community-led and
1:17:10
district-led responses to climate adaption and mitigation and is that a question for
1:17:17
johnson yes great okay johnson did you hear the question lucy could you just repeat it
1:17:22
one more time for johnson
1:17:27

i'm just really looking at when you're talking you heard it yes i think i think i heard it and it's
1:17:33
a great question and it reminds us of identifying entry points in terms of
1:17:40
responding to climate change and one of the very one one one of the most important entry
1:17:47
points is catch them young the schools should play a role
1:17:52
it's a knife framework i know that busy has referred to he has a child friendly version of
1:18:01
a way that can that can be used to work with children so that they know the
1:18:07
effects of climate change from a very young age so it's important for
1:18:13
structures within districts like i'll give an example of the civil society i
1:18:18
mean the the the the the the civil protection
1:18:24
unit in zimbabwe that leads in terms of
1:18:29
education on climate change and so on should partner schools so that
1:18:35
we have got sessions that are run to sensitize children on the changes
1:18:42
that are happening around them and it is also important that
1:18:47
the subject of climate change be included in the
1:18:52
syllabuses and we need to start acting now and not wait until 2030 or 2050.
1:18:59
thank you thank you johnson i've got a question online which actually comes from zimbabwe
1:19:04
uh says goodbye good evening i'm joining from zimbabwe what can we begin to do to ensure inclusion in
conversations about
1:19:11
climate change in areas outside fast onset disasters
1:19:21
um yes if i can come again on that one in terms of of of inclusion
1:19:27
um i think i've highlighted in my earlier response that we need to give
1:19:33
um dpos a voice so that they can hit in terms of coming up with structures
1:19:40
within the communities so that they they they also participate in debate around
1:19:46
climate change and when you have got people with lived experience also sensitizing
1:19:53
communities you will find that um that creates like i mentioned earlier on a
1:19:59
platform for understanding a club a platform for accepting that um talent
1:20:06
can be found anyway i think anyone my my one of our colleagues said that
1:20:12

there is no small contribution so it's important that the structures that we create after we've empowered dpos they

1:20:19

should be allowed to contribute to be in the forefront instead of just being

1:20:26

called as beneficiaries thank you is there another question in the room

1:20:34

okay i have another one online and that is johnson this is your last question how can people with disabilities be

1:20:41

involved in responding to disasters in their communities practical examples of

1:20:47

how this could work yes the practical examples

1:20:54

is that that we have is i think one

1:20:59

one contribution that we got from most of our um

1:21:05

speakers was that we need to remove the barriers so once we have removed the barriers

1:21:12

then we have created a situation where people with disabilities are able to participate

1:21:18

i know from experience when you go to communities um the issue around self-representation

1:21:25

that has to be tackled and if we if we we we have to create situations where

1:21:32

if we've got a meeting points we we provide the necessary transport for people to participate meaningfully so

1:21:39

it's important that we get rid of the barriers so that persons with disability can contribute meaningfully because

1:21:47

like we've mentioned and we continue to emphasize there is no small contribution

1:21:52

thank you johnson thank you so much for to you and boosie for joining us for repc and for

1:21:58

the work that you are doing on mental health in zimbabwe passing then to our next question i'm

1:22:06

going to go and get our speaker

1:22:22

so this is jose vieira and he is answering the question what are the key actions we would like to see governments

1:22:29

and other donors taking in this area over to you jose

1:22:34

thank you um thank you christy um i think when when when we are

1:22:41

invited to make recommendations or what actions we think governments and

1:22:46

donors should be making there is a natural tendency to call out

1:22:53

for actions to say well you should do this you should do that but let me this time maybe do it in a

1:23:00

different way let me share with you some examples where i see that there are

1:23:07

there there are already some actions that governments and donors and civil
1:23:12
society organizations are taking and let's together see how we could even further expand
1:23:19
those those examples and make them even more um can i say relevant or maybe more
1:23:26
inclusive or reaching out to more people the first one is the the the concept of
1:23:32
opd's as key partners for inclusion i think we have heard in this event and
1:23:39
in many others at cop but in other global conferences
1:23:44
the need for ensuring that the voice of people with disabilities is heard the perspective of
1:23:50
opd's is included but i think we need to go one step further and have to realize that opd's
1:23:58
can and should be key partners for inclusion and what
1:24:04
does that mean in in in the real life well we see
1:24:10
more often than before the government's international entities
1:24:16
even the un system is calling opd's to be part of review
1:24:23
processes around policies to be engaged in the design of disability strategies
1:24:30
to be engaged in the design and implementation and monitoring of
1:24:35
of development strategies etc etc and that is the entering point for realizing opd's
1:24:42
being key partners for inclusion with that and and just to mention um the
1:24:48
experience that we have for instance with cbm global where
1:24:54
the um the organization cbm global realizes the need of doing even more to
1:24:59
bring opd's to the center of the discussion is actually a good way forward in a model
1:25:06
that of course we need to further explore and develop and maybe translate it into real action but it's definitely
1:25:13
something that we should be considering as a clear action-oriented recommendation
1:25:20
the second one is something that i referred to in my earlier intervention and is the global action and disability
1:25:26
network which is a community where governments development agencies
1:25:31
private sector companies um sorry private foundations cbs society organizations
1:25:38
are discussing how better they can do in terms of investing
1:25:45
on opd's and persons with disabilities to be at the center of the discussion so
1:25:51
through initiatives like glad that is not only a place where we discuss

1:25:57
policies and programs and we discuss what else can be done but actually we
1:26:02
have at the table organizations that are investing money and resources technical
1:26:08
resources and financial resources on persons with disabilities and representative organizations is another
1:26:13
thing that we need to further develop the next one is
1:26:19
an answer to a question that many of us formulated few years ago
1:26:27
and was what else we can do to further implement the crbd and that
1:26:33
was the global disability summit an event that happens every two years
1:26:39
that has not only the intention of bringing the issues around development and disability together
1:26:46
but also the intention of having commitments concrete commitments that
1:26:51
can motivate donors to do even more for persons with disabilities in advancing the human
1:26:58
rights agenda so the global disability summit is actually another tool that we can use from now on those who
have not
1:27:06
used it yet to actually advance and to make recommendations and to do
1:27:11
action-oriented recommendations for advancing the human rights perspective and lastly and let me use
1:27:19
now my my my wordland union had for a minute
1:27:25
we know that the disability community is such a diverse community
1:27:30
we know that we have common issues that all
1:27:36
the disability communities across the world wants to advance but at the same
1:27:41
time we also realize that there are specific groups that have specific interests or have a specific knowledge
1:27:48
but of course with the overall goal of promoting the inclusion of person with disabilities and for instance for
the
1:27:55
world plan union what is key is the um accessibility as a
1:28:01
precondition for inclusion so we are working and we understand that
1:28:08
connecting climate change with urban development and exploring how
1:28:14
the impact of climate change also affects the life of people living in rural and
1:28:22
in urban settings should be taken in a way that cannot only be
1:28:27
seen from the human rights perspective but also from the perspective of development we need to do even
more in

1:28:34

the urban development agenda if we want to advance the inclusion person with disabilities and to mitigate the climate

1:28:41

change effect so with those four examples i think instead of just listing recommendations

1:28:49

i could say that there are good things out there we just need to create more ownership and do even more

1:28:56

based on those good things that we are doing so far thank you

1:29:05

thank you so much jose so let's have the slido code up again

1:29:14

so slido.com and then if you could type in

1:29:19

capital g capital z dash capital s capital s capital t

1:29:26

dash zero five dash one five three zero

1:29:33

for those people who would like to send questions again if you're in the room i invite you just to

1:29:38

swap with your neighbor one or two minutes of reflections on what you have just heard from jose

1:30:07

sure um

1:30:21

um

1:30:36

the whole area and there's something else very clear messaging thank you practical examples and solutions

1:31:12

any questions um

1:31:41

okay let's come back do we have a question from the room for jose

1:31:52

it's really late on a friday afternoon everybody's sinking into that no question i've actually got a great

1:31:58

question that's come through on the ipad so while i'm asking that do do you think of what you might like to ask um and that

1:32:04

question is what does an inclusive cop look like

1:32:12

thank you thank you for the question um let me be maybe direct here um

1:32:19

a cop with more people with disabilities present a cop that has specific discussions around

1:32:28

persons with disabilities and climate change especially during the high level segments

1:32:35

a cub that is more inclusive is a cop that makes not only reference to people with

1:32:40

disabilities but actually commitments around what governments will do

1:32:46

after they leave cup a cop that is more inclusive is a cop

1:32:53

that person with disabilities we can come and meaningfully participate

1:32:59

and access all the discussions that we want to and actually
1:33:05
be able to follow the discussions but not only that
1:33:10
but trying to bring what is happening in the different countries around the world
1:33:17
i think an inclusive cop is a cop that reflects better the needs of the global south
1:33:24
not because the climate change is only a topic that affects the global south
1:33:30
but because the disproportionate impact of climate change in the global south
1:33:36
and in particular for persons with disabilities living in the global south is definitely something that we should
1:33:41
be changing and improving in the short term that's how
1:33:48
i think we would have a more inclusive cup
1:33:58
any any questions from the room great
1:34:08
hi i hope it's working yeah um first of all thank you so much it was a very interesting uh talk um i'm kind of
1:34:15
wanting to zoom in a little bit more and kind of ask if you have any tips or advices to make sure that we are
yeah i
1:34:22
don't know creating positive engagement and representing people with disabilities in smaller communities and
societies
1:34:29
yeah thank you um i i think the the advantage
1:34:34
that we have as uh as a disability right movement is that
1:34:39
um there are a lot of organizations of persons with disabilities
1:34:46
i mean just just to to to give some clear um reference here or evidence i would say
1:34:54
the international disability alliance has is a network of 14 members eight
1:34:59
global and six regional that counting the members of ida members
1:35:05
we have approximately 1200 organization of persons with disabilities
1:35:12
around the world and interestingly interestingly a lot of those
1:35:18
1200 members of of members of ida are organizations with local chapters
1:35:25
so when we when we go to different countries and when we talk to
1:35:30
governments when we talk to donors a lot of them ask well i really want to engage
1:35:36
with persons with disabilities but where are you what are your organizations and the
1:35:42
questions that i like to sort of answer to that question is so what what

1:35:48
have you done to reach out to people with disabilities under representative organizations and that's a learning
1:35:54
curve i mean i'm not saying that everything has been said or done
1:36:00
but rather if we continue asking what are we doing to ensure the people
1:36:06
with disabilities and their representative organizations even at the local level are included
1:36:12
we will find more partners and more opd's participating in
1:36:17
different discussions i've actually got a very very final one
1:36:23
jose this is very very quick it's many people don't know that cop is or similar summits are going on how
1:36:29
do we spread the word about these summits and how can the word reach people with disabilities
1:36:36
thank you um i i think i've been i've been in uh in a good number of cars the conference
1:36:42
of third parties to the convention and uh in some high-level political forums for the sdgs
1:36:50
but one thing that i'm taking with me from this cub is the is the uh massive presence of
1:36:56
media and and i think that's something that we there are two
1:37:01
two thoughts that i have one is that media should also be part of our work
1:37:08
from now on and we should even do more to actually um contribute to the discussion around
1:37:14
the language that media use when referring to persons with disabilities the issues that media media is treating
1:37:20
a wrong person with disabilities but at the same time i think that if we
1:37:26
effectively engage with those new actors that at least have met here at cobb we
1:37:31
will be able to reach even more people and maybe using this cup as an example
1:37:37
try to improve the engagement of persons with disabilities in other summits
1:37:43
thank you so much to jose and i'm going to
1:37:51
i'm going to ask julian to come up and introduce his third and final spotlight session as we go back
1:38:03
thank you kirsty i think to set a foundation for what i
1:38:08
want to say is that we need to be honest with ourselves about what we've done to the
1:38:14
planet and what some of the consequences might be of that past behavior and what will
1:38:20
happen if we don't change our behavior very quickly and thankfully there are many people in rooms busily
talking
1:38:26
about how they can make a difference but we need to recognize that

1:38:32
humans are emotional beings and we need to recognize that there will be emotional consequences

1:38:39
of acknowledging the situation that we're in but how do we make sure that those

1:38:45
consequences don't us that they don't make us unable to move forward unable to to make a change in the world

1:38:53
and the way to do that is to be transforming concerns and very legitimate and

1:38:59
justified anxieties into action because if we feel overwhelmed and

1:39:05
helpless we're not able to be effective and it's likely to have more of a severe

1:39:11
effect on us leading for example it might do to more anxiety or depression that's a very

1:39:17
hopeless situation to be in we want to change that we want to transform that into both feeling more on top of things

1:39:24
and having agency ourselves and having more of an impact on the world one way to do that i think is to make

1:39:31
sure that um we are more able to talk about it and not hide things we've got a tendency with mental

1:39:37
health to not talk about things so the first thing is to talk about things there is some evidence now that transforming anxiety and concern into

1:39:45
anger as a kind of means of moving on to doing something about it is also effective

1:39:50
so we need to acknowledge that these things are very real to talk about them more and to think about how we can

1:39:56
transform them into action i think it was fantastic that someone asked a question earlier about schools and

1:40:02
johnson said you know we need to start early that's an important thing to learn and and children need to be aware of the

1:40:07
situation and able to feel in control and making a difference with it

1:40:13
so we've heard about people having these anxieties and the people who are going to be most affected

1:40:19
are the ones we've talked about who are at the most risk in because of the part of the world they're in or because of

1:40:25
having different vulnerabilities so it's especially important that this group of people are involved in our conversations

1:40:31
about changing the world and about acknowledging the emotional consequences

1:40:37
of that now at the moment the reality is that that last question we had about how do

1:40:42
we take cop out there into the world is that actually there isn't a great knowledge in many parts of the world or

1:40:48

even in in high income countries about the environment and about how how um we're likely to have a changed uh

1:40:55

environment in the future so making sure there's more knowledge about the link

1:41:00

between what's happening around people the the climatic change they're seeing maybe the desertification or

1:41:06

deforestation and the the um and the climate the cause of it is the first step i think towards

1:41:13

the kind of fundamental change that we need we need to have informed people informed civil society including the

1:41:19

people who are most righteously right to be angry able to be aware of the links between

1:41:26

what's happening around them and the causes to be able to have a powerful voice in their chain in the in the

1:41:32

change so we need to not do things for people not speak for people in relation

1:41:37

to mental health or their or people with disabilities specific impacts but to stand in solidarity with the

1:41:45

disability movement with organizations of people with disabilities who as as i said exist in all countries who are

1:41:52

there and are often not invited to the table so to be engaging with them as the next step um towards speaking truth to

1:42:00

power which is how our things are going to change thank you so stay here

1:42:06

okay so the next do i need to press the next um slide so if we could have a slido code

1:42:12

up again then for those joining remotely and again you've got one or two minutes

1:42:17

just to exchange and then julian will take some questions from the floor

1:42:27

there's a couple of great questions already coming for you actually

1:42:35

okay that's a good one yeah and then there's one later i don't know if you want to answer this or not

1:42:46

the younger generations are more efficient older generations actually haven't been as concerned

1:42:59

that's really the only one that's mentally health related

1:43:05

so you can read that yourself there's nothing you can change

1:43:19

really good

1:43:32

okay

1:43:39

okay okay so shall we come together i hope you

1:43:44

found it um instructive and informative uh as as with the other sections we're gonna

1:43:50

start to ask if there's anyone who has a question in the room about this final topic of mental health

1:43:57

and well-being and climate change

1:44:03

okay there's one person here oh hello um sorry i'm at the back of the roof you

1:44:08

probably can't see me and i was just wondering uh what frustrates you most about the

1:44:14

work that you do well that's a that's a good question um

1:44:21

i i suppose um for for much of the time that i've been doing this work and i'll tell you i've been

1:44:27

doing about 20 years now working thinking about mental health and international development

1:44:32

it's been that mental health hasn't been considered an essential part of international development or emergency

1:44:38

response uh and i i talk slightly into historical context because that's starting to

1:44:43

change now and so what where we are is in this interesting limbo and that's exactly

1:44:48

what i felt here at cop actually that when you talk mention let's say that i

1:44:54

work in mental health or talk about mental health everyone everyone says yes that's really important

1:45:00

and 20 years ago that wasn't the case people would look at you quizzically and not understand what you're talking about but

1:45:06

we know that emergencies in general raise the profile of mental health as an important issue for people to deal with

1:45:13

we've often talked about it as building back better after emergencies as being the first time that politicians have taken account

1:45:20

of what we're doing so it used to be that no one was talking about mental health where we are now is

1:45:26

in a in a kind of transition of having a degree of political will certainly

1:45:32

having a very a much more of a popular discourse around mental health

1:45:37

but to date we have yet to really see that that transformed into the appropriate level of investment so we

1:45:44

know that mental health problems are incredibly common they cause many disabilities

1:45:51

and there there are huge barriers to participation in society of people with psychosocial disabilities

1:45:56

but at the moment the world isn't sufficiently recognizing that in the amount of money spent

1:46:02

on their needs and that's frustrating and that's based on stigma essentially it's it's based on not having

1:46:08

historically been seen as an important group of people and that's unfair and unjust and we need to change that

1:46:17

there was another question i think down the front no okay shaking shaking your head um there's one

1:46:22

other question here and then well while while the microphone is going here i'll respond to the next question actually there's one online here and the

1:46:29

question was what can research teach us about what to do and i think that it follows on from that

1:46:36

first question really that for quite a long time we didn't really have a very good sense

1:46:42

of what the appropriate investment was but actually over the last maybe 10 or

1:46:47

20 years we've really started moving very strongly in terms of having a good understanding of the impact of different

1:46:54

sorts of interventions around around this area of mental health and psychosocial support and there are

1:47:00

now really fantastic resources available very strong pieces of evidence to demonstrate what

1:47:05

can be done and i've talked a little bit about the the need to not box mental health into

1:47:10

thinking about diseases or disorders or illness which is incredibly unhelpful

1:47:16

because it's actually something that affects us all we're all human we all have emotions and people are excluded to different

1:47:23

levels by that it's not helpful to medicalize the issue and actually we're really moving into a much more exciting

1:47:30

area of productively engaging in changing the world from a very a very dark history actually

1:47:36

for for much of our history and psychiatry so research has really taken to taking us to a much more interesting

1:47:41

place where rights are right at the center of what we're doing and it's much more um it's much more

1:47:47

emancipating than the space we used to be when we labeled people and put them aside rather than actually including

1:47:53

them in the process of change and recognizing we all have worries and concerns

1:47:58

right there's one one question yeah hi um thank you that was really interesting um i was just wondering what more do you

1:48:05

think needs to be done to help mental health problems that asylum seekers and

1:48:10

refugees face who have been displaced due to the climate crisis yeah

1:48:15

so so many of those basic needs that i i mentioned earlier

1:48:20

are related to our place and our community and the relationships we have around us and the security we get from

1:48:27

that kind of environment which we've partly created and i've got used to and of course all that's taken away when

1:48:32

people are are forced to move especially if they're forced to move very very quickly against their will it's not a

1:48:37

decision to go to another country and start again it's really uh and and very very sadly often under those kinds of

1:48:43

circumstances and people aren't then afforded the rights that people in the in their

1:48:49

host communities have to be able to rebuild their lives and people are incredibly capable of rebuilding lives

1:48:54

in different places but they're often labeled as an asylum seeker for example and not allowed to to move on with their

1:49:00

life and many people in refugee camps assume they'd be there temporarily and they end up staying for very long

1:49:06

periods of time so the first thing i think is again to ask the question as a justice question

1:49:12

why are these people displaced from the homes that they they want to be in you know and climate might very well be

1:49:18

increasingly the reason why that's the case and that's why all those negotiations about the 1.5 are really

1:49:24

important because if we can stop more people having to migrate that's that's the very best thing we can do

1:49:30

and then have some of the kinds of responses that start off that that enabling people to have good full whole

1:49:36

lives that is good for your your mental well-being but i'm a psychiatrist you know and

1:49:41

there's no question that there are going to be some people who need more professional support there

1:49:46

is good evidence for what helps people in distress you know who are struggling and so we also need investment in good

1:49:52

services and a lot of those examples in the in the document that i talked about earlier are actually about moving from

1:49:58

old models very stigmatized models of people going to a hospital to get you know treatment

1:50:04

to helping people in a more appropriate less stigmatized local way either within

1:50:09

the health system in primary care or through peer support groups or local councillors to be able to get to get the

1:50:16

kind of healing they need so we do need to look at the circumstances in which people live which tend to you know if

1:50:22

they're stressful make them have mental health problems and also for the relatively small number

1:50:28

of people who don't find the the kind of support and healing and just in their very social environment

1:50:34

the right investment in services that can really help them to to find recovery

1:50:43

[Applause]

1:50:49

thank you so much julian we're into the final straight we have

1:50:55
heard this afternoon some of the devastating impacts on people with disabilities

1:51:01
and yet many responses to climate crises still do not recognize them do not take

1:51:08
account of their needs and do not include them in decision making

1:51:14
the rights of people with disabilities are enshrined in the convention on the rights of people with disabilities
and

1:51:21
for the first time they have been recognized in the paris agreement yet

1:51:27
they are not respected protected or fulfilled in the design the development the

1:51:33
implementation the monitoring of climate policies and programming

1:51:39
so what can you do some of the ways that you can engage

1:51:46
in inclusive and mentally health aware climate action are

1:51:54
the first one i think is just share some of the things that you've heard

1:51:59
today raise awareness that people with disabilities are excluded

1:52:05
whether that's because climate change response doesn't reach them or whether because they're not being
consulted

1:52:11
they're not being involved in decision making and we've already heard the benefit that that can bring

1:52:20
the second thing is the point that johnson made about recognizing

1:52:26
the need to address multiple barriers i

1:52:31
quite often hear the phrase why don't they just

1:52:36
why don't they just as if these barriers which may be physical or environmental

1:52:43
or legal they may be attitudinal there are many multiple barriers

1:52:49
preventing the full participation of people with disabilities and we need to recognize those barriers

1:52:55
and seek to address them because without that it's very difficult for people with

1:53:00
disabilities if they are actually invited it's difficult for them always to take up the opportunities that become

1:53:07
available to them and recognize that people with disabilities are agents of their own

1:53:14
development they are best placed to support the development of

1:53:20
information and communication systems and networking to ensure that they reach community members most
impacted and most

1:53:28
traditionally marginalized

1:53:33
and thirdly ensure that communication is accessible to all

1:53:39
to increase greater understanding of climate change and enable positive engagement and action so i have a

1:53:46
challenge for you if you are an academic how many of the documents that you produce how many of the theses the policy briefs

1:53:54
the reports are ever produced in accessible formats

1:54:00
how many have you ever turned into easy read documents we write about people with disabilities

1:54:07
but how often do we ensure that people with disabilities themselves can actually read what we've written

1:54:13
not very often

1:54:18
so i was being generous raise awareness that's the first thing

1:54:26
and the second thing is advocate don't let this

1:54:31
be the last time you talk about this topic you've had three interactions with your neighbors about this and you've

1:54:37
heard so much information from the panelists stand in solidarity

1:54:44
and network to amplify the voices of people advocating with those in power

1:54:51
this is not you stepping into the space we do not speak for people with

1:54:57
disabilities but we stand with them and speak alongside them

1:55:04
advocate for laws or regulatory frameworks that uphold the convention the convention says everything

1:55:11
and countries have signed it but they fail to live up to it

1:55:16
so press the government wherever you have the opportunity press duty bearers those who are making

1:55:23
rules making laws to uphold the uncrpd

1:55:33
make sure that people with disabilities have the opportunity to be meaningfully

1:55:39
involved they must be involved in the design and

1:55:44
the redesign of infrastructure to meet climate mitigation targets

1:55:51
that simultaneously improve their access and their resilience

1:55:56
and an inclusive response is not just good for people with disabilities it's good for everyone

1:56:06
and support self-advocacy ask who is in the room

1:56:12
so if you are in a meeting which is discussing disability and there is not a person with a disability in the room

1:56:19

then decisions that you are making will not take into account the expertise that they would themselves bring
1:56:27
if i really wish that the cop organizers had walked the route between the blue zone and the great zone with a
1:56:34
wheelchair user because they would have been able to tell them how inaccessible that route is
1:56:39
i'm pretty sure that never happened and lastly
1:56:45
seek out partnership if you're working in the field you may have the opportunity to work with
1:56:51
organizations of people with disabilities if you're not seek out partnership with organizations
1:56:57
like cbm like hi like ida that can bridge that gap for you
1:57:03
but don't work in isolation they are there as experts to participate
1:57:09
and to travel this journey with you so don't work without including
1:57:16
those people whose voices are so traditionally not heard
1:57:22
and the last thing is a really practical thing we would really like you to
1:57:30
tell us something that has really struck you about this afternoon and if you're
1:57:36
really brave we would like to video you saying that 10 seconds 20 seconds on a
1:57:41
talking head style clip it can be after the session now or if
1:57:46
you're around tomorrow or sunday we have a stall downstairs in the green zone in
1:57:51
the clyde suite so please come and visit us we would absolutely love to capture your
1:57:58
thoughts on today's session in a video clip and we will then use those in our
1:58:03
social media if you're not able to stay behind now and you're not here tomorrow or sunday
1:58:09
please can you post it online to us and you can see that the address for posting your video is [http](http://colon-backslash-backslash-tiny-dot-cc-inclusive-climate-action)
1:58:16
colon backslash backslash tiny
1:58:22
dot cc inclusive climate action
1:58:27
and that is a hashtag which we have been using throughout cop inclusive climate action
1:58:35
i would like to say a massive thank you to the experts who have made this afternoon
1:58:40
possible one of the questions that came through on the ipad was actually why are there not more people with
disabilities
1:58:46
on the panel um and i would say that one of the reasons for that is very specifically for the exclusions which i
1:58:52
mentioned at the beginning getting people to cop has been really hard but i would also say that not all
1:58:57

disability is visible so be aware of that too um

1:59:03

to sue who chaired our panel to jennifer and julian and jose and bussi and johnson who provided such a

1:59:10

richness of expertise we are deeply grateful but i'm also grateful to all of you for giving up two hours of your

1:59:17

friday afternoon you've been fantastic thank you so much

1:59:28

[Music]