

**Statement of Vision – WPA Zonal Representative-**

Dear Members of the Executive Committee, Members of the Board, and Members of the World Psychiatric Association (WPA):

I present my candidacy for Zonal Representative with a deep commitment to strengthening psychiatric collaboration across Central America and the Caribbean, and to advancing a practice of psychiatry that is ethically grounded, academically rigorous, and centered on human dignity.

As a psychiatrist and an academic leader my professional journey has been shaped by clinical experience, educational innovation, and active participation in regional and international psychiatric governance.

**Vision and Priorities**

My vision is to consolidate a more integrated, participatory, and representative regional network within the WPA, where the voices, realities, and strengths of our region contribute meaningfully to global psychiatry.

To achieve this, my priorities include:

- **Strengthening regional collaboration and communication**  
Promoting active engagement among Member Societies to foster a cohesive and collaborative regional identity, facilitating the exchange of knowledge, experiences, and best practices.
- **Advancing continuous education and academic development**  
Supporting lifelong learning opportunities that are responsive to the clinical, cultural, and socio-economic realities of our region, while maintaining high scientific standards.
- **Promoting ethical practice and professional integrity**  
Reinforcing the importance of ethical frameworks in psychiatric care, ensuring a humanistic, patient-centered approach that respects dignity, diversity, and cultural context.
- **Fostering mentorship and leadership development**  
Expanding opportunities for mentorship and professional growth among early-career psychiatrists, strengthening the next generation of leaders in mental health.

- Enhancing wellbeing and resilience among professionals  
Supporting initiatives aimed at preventing burnout and promoting mental health and resilience among psychiatrists and trainees.
- Encouraging regional participation in WPA activities  
Increasing the presence and active contribution of our region in WPA scientific meetings, sections, and global initiatives.

### About My Perspective

As a Latina psychiatrist working in a region with diverse challenges and opportunities, I bring a perspective deeply connected to the realities of our communities. My work in clinical practice, education, and leadership has reinforced my commitment to equity, inclusion, and culturally sensitive approaches in mental health.

I strongly believe that strengthening regional representation within the WPA is essential not only to address local needs, but also to enrich global psychiatric dialogue with diverse and meaningful perspectives.

I am fully committed to the mission and values of the World Psychiatric Association. Through inclusive leadership, collaboration, and sustained effort, I aim to contribute to a psychiatry that is both scientifically robust and profoundly human.

I respectfully seek your support to represent our region with integrity, vision, and dedication.

With respect and commitment,

**Dr. Roxanna Ruíz Cabarrús**