

Policy Forum

Mental Health Promotion and Prevention of Mental Illness

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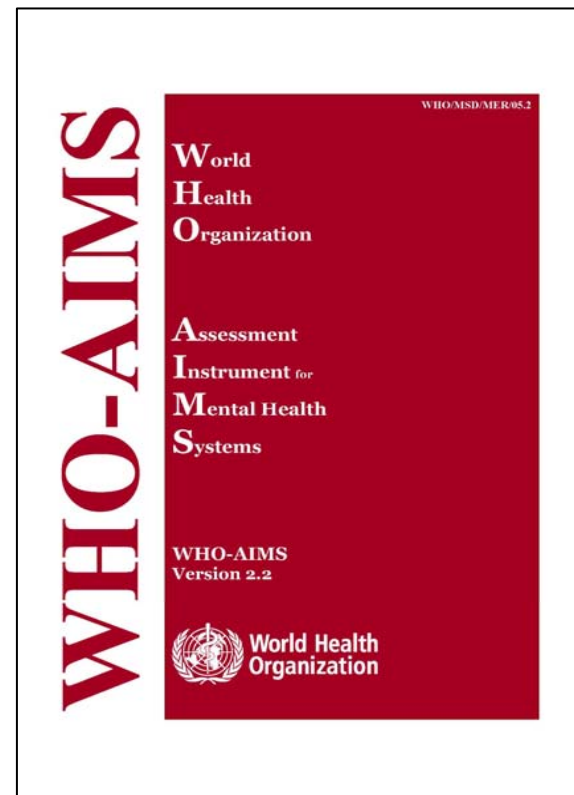
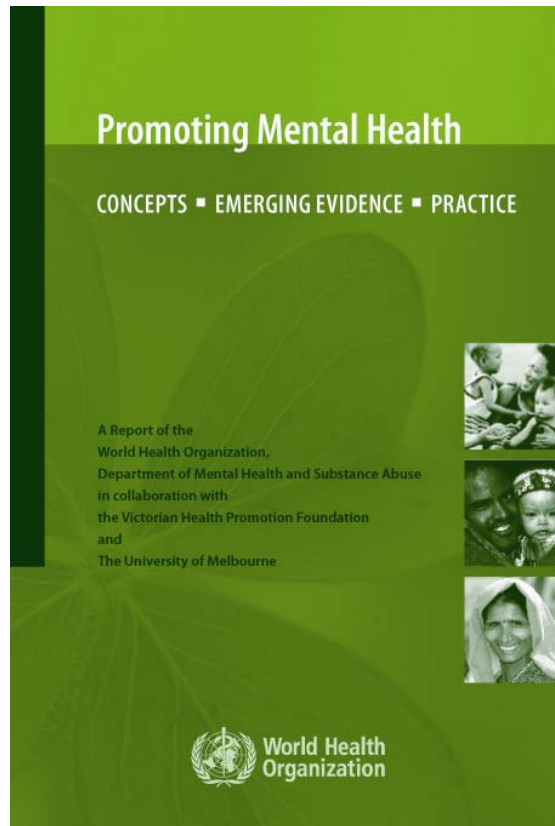
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**World Health
Organization**

BASIC CONCEPTS





Mental Health

- Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.



Mental Health System

- **Mental Health System** – all the activities whose primary purpose is to promote, restore or maintain mental health. The mental health system includes all organizations and resources focussed on improving mental health.
- **Principal domains:**
 - Policy and Legislative Framework
 - Mental Health Services
 - Mental Health in Primary Health Care
 - Human Resources
 - Public Education and Links with Other Sectors
 - Monitoring and Research



National Mental Health Policy

- **Mental Health Policy** – a specifically written document of the Government or Ministry of Health containing the goals for improving the mental health situation of the country, the priorities among those goals and the main directions for attaining them
- **Principal components:**
 - Advocacy
 - **Promotion**
 - **Prevention**
 - Treatment
 - Rehabilitation



National Mental Health Programme

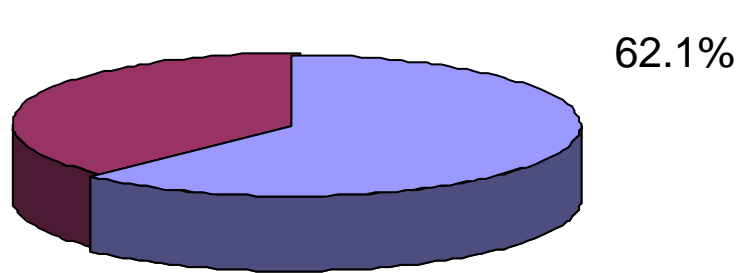
- **Mental Health Programme** – a national plan of action that includes the broad and specific lines of action required in all sectors involved to give effect to the policy. It describes and organizes actions aimed at the achievement of the objectives, indicating the following:
 - What has to be done
 - Who has to do it
 - During what time frame and
 - With what resources

National Mental Health Legislation

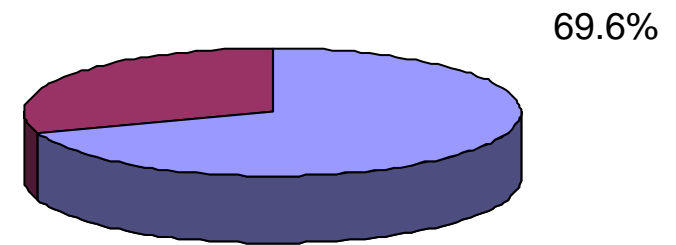
- **Mental Health Legislation** – legal provisions related to mental health. These provisions typically focus on the following:
 - Civil and human rights protection of people with mental disorders (e.g. access, quality of care, etc.)
 - Treatment facilities (e.g. involuntary treatment)
 - Personnel (e.g. accreditation)
 - Professional training
 - Service structure



Presence of mental health policy and programme (N=201)



Present
Absent



Present
Absent

Treatment, Prevention and Promotion

Search for the right balance

- The twin aims of improving mental health and lowering the personal and social costs of mental-ill health require a public health approach
- Public health framework must include treatment, prevention and promotion
- Presently- most policies put more emphasis on treatment.

This needs to change.



MAKING A CASE



Making a Case; Effectiveness

Macro Interventions:

- Improving nutrition
- Improving housing
- Improving access to education
- Reducing economic insecurity
- Strengthening Community networks
- Reducing misuse of addictive substances
- Supportive environments for substance reduction
- Reducing substance use during pregnancy



Making a Case; Effectiveness

Meso and Micro Interventions:

- The early stages of life
- Home visiting
- Parenting interventions
- Preschool educational interventions
- School-based interventions
- General social/emotional cognitive skill building programmes
- Reducing the strain of employment, stress prevention at workplace
- Exercise and befriending programmes for the elderly

MAKING IT WORK



Levels of Action; International

- Universal Declaration of Human Rights (1948)
 - Article I, All people are free and equal in rights and dignity
- International Covenants on Civil and Political Rights (ICCPR, 1966)
 - General comment (5) with regards to people with mental and physical disabilities
- International Covenant on Economic, Social and Cultural Rights (ICESCR, 1966)
 - Defines protection against discrimination against people with disabilities (Article 26)

Levels of Action; International Conventions

- UN convention on the Rights of the Child
 - Protection from of physical and mental abuse
 - Non-discrimination
 - Right to life, survival and development
 - Best interest of the child
 - Respect views of the child
- UN Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment
 - Preventing acts of cruel, inhuman, or degrading treatment or punishment (Article 16)

Levels of Action; International

Ottawa Charter of Health Promotion Action Strategies:

- Build healthy public policy
- Create supportive environments
- Strengthen community action
- Develop personal skills
- Reorient health services



Making it work; Intersectoral Collaboration

- Sectors, setting and organizations outside health have capacity to affect health, including mental health and well-being
- Recognizes complex socio-political and economic determinants of mental health
- Challenges include: vertical funding within sectors, competing priorities, inequitable funding models, etc.
- Key settings for intersectoral collaboration include in education and the workplace



Levels of Action; The Community

- Early childhood interventions
- Support to children (e.g. skills building, youth development)
- Economic and social empowerment of women
- Social support to old age populations
- Programmes targeted at vulnerable groups (e.g. psychosocial and social interventions)

Levels of Action; The Community

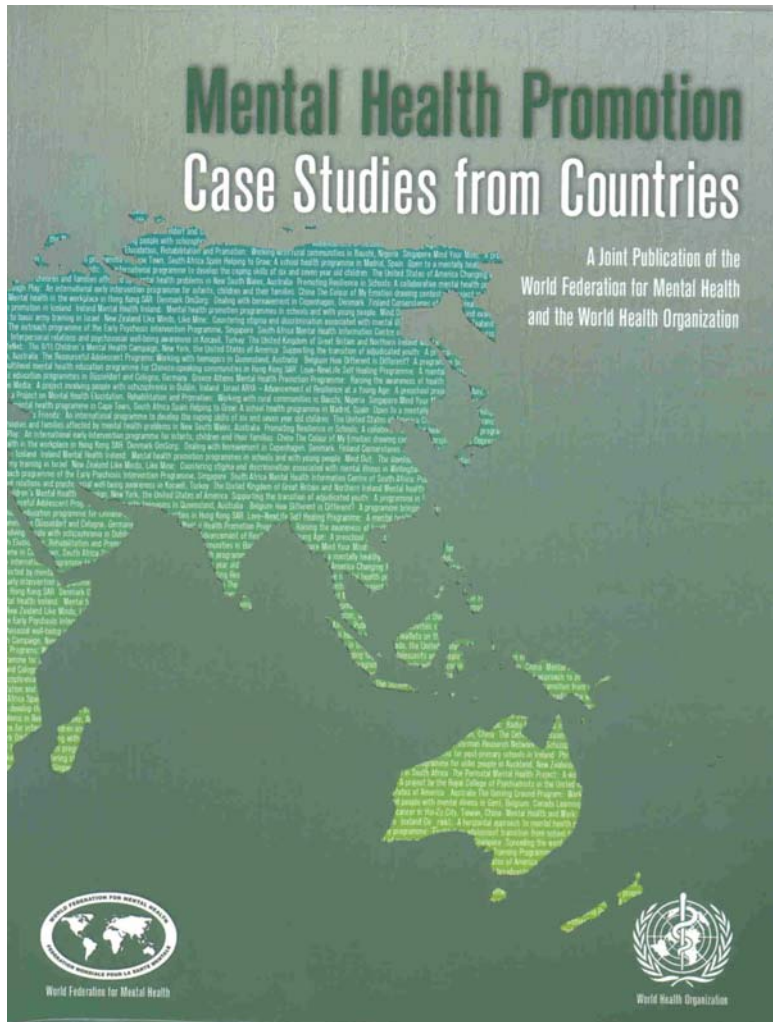
- School-based mental health promotion activities
- Mental health interventions at work (e.g. stress prevention programmes)
- Housing policies (e.g. housing improvements)
- Violence prevention programmes (e.g. community policing initiatives)
- Community development programs (e.g. integrated rural development=

Making it Work; Financing

- 30.8% of countries reported not having a specified budget for mental health care (Mental Health Atlas 2005)
- Majority of mental health budget goes to support mental hospitals
- Prevention and promotion- whose babies are they?
- Returns on investments are delayed.

Mental Health Promotion Case Studies from Countries

A Joint Publication of the
World Federation for Mental Health
and the World Health Organization



Bauchi, Nigeria

- Project on Mental Health Education, Rehabilitation and Promotion:
 - Working with rural communities in Setting
 - High level of stigma, focus on acute mental health care
- Goal: Improve human dignity by facilitating holistic well-being which will work towards a human society
- Interventions: Mental Health IEC, counselling therapy and psychosocial rehabilitation, mental health promotion campaigns, and training of trainer component involving community leaders, traditional and religious institutions, educators, social workers and health professionals
- Results:
 - 70% improved understanding of mental disorders
 - 50% reduction in habits detrimental to mental health
 - 85% improved access to mental health services

Mental Health Promotion; Case Studies from Countries. WHO 2004.

Cape Town, South Africa

- The Perinatal Mental Health Project: A women's mental health programme
- Setting: periurban settlement outside of Cape Town with 37.4% prevalence of post-natal depression
- Goal: To provide holistic mental health service to pregnant and postpartum women
- Interventions: Antenatal screening, postnatal screening and outreach activities (staff training in risk factors, referrals, etc.)
- Results: raised awareness, enhanced referrals, increased support from non-governmental organizations, enhanced satisfaction with counselling services