Enhancing Mental Health Practice: Drawing on the WHO Resources

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Adapted from OTARG Congress

Aug 19-23 2013

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World Health Organization

Resources to Inform and Support Mental Health Services

Resource Access Free on line www.who.int

- WHO produces documents for Member States across areas of Medicine and Health
- Expert developed
- Earlier publications more medical in focus
- Growing areas of concern Psychosocial, Determinants, Quality and Human Rights
- Global Health and Healthy Aging
- Disasters and Emergency preparedness
- Disability & Poverty

Reinterpretation For Professional Use

- Valuable source of information

- Models and Tools (forms/ approaches)

- Graphics

- Action Plans

- Measurement approaches and tools

OT are health professionals

Service providers

Managers

Policy developer

Holistic health characteristics:

- Self responsibility for health rather than professional responsibility
- Professional responsibility focuses on health education
- Emphasis by health organisations on behavioural, social and environmental issues

WHO

WHO QualityRights Tool Kit

WHO MIND - Mental Health in Development
The 4 core thematic areas of WHO MIND

Comprehensive mental health action plan 2013–2020

The 66th World **Health** Assembly consisting of **Ministers of Health** of 194 Member States adopted
WHO's **Comprehensive Mental Health** Action Plan 2013-2020
on 27th May 2013.

Global Mental Health Action Plan

Vision

A world in which mental health is valued, mental disorders are effectively prevented and in which persons affected by these disorders are able to access evidence-based health and social care and exercise the full range of human rights to attain the highest possible level of health and functioning free from stigma and discrimination.

Cross-cutting Principles

Universal access and equity	Human rights	Evidence-based practice	Life course approach	Multisectoral approach	Empowerment of persons with mental disorders
All persons with mental disorders should have equal and equitable access to health care and opportunities to achieve or recover the highest attainable standard of health, regardless of age, gender, or social position.	Mental health strategies, actions, and interventions for treatment, prevention and promotion must be compliant with international human rights conventions and agreements.	Mental health strategies and interventions for treatment, prevention and promotion need to be based on scientific evidence and good practice.	Mental health policies, plans, and services need to take account of health and social needs at all stages of the life course, including children, adolescents, adults, and older adults.	A comprehensive and coordinated response of multiple sectors such as health, education, employment, housing, social and other relevant sectors should be utilized to achieve objectives for mental health.	Persons with mental disorders should be empowered and involved in mental health policy, planning, legislation, service provision, and evaluation.

Goal

To promote mental well-being, prevent mental disorders, and reduce the mortality and disability for persons with mental disorders

Objectives and Targets

1. To strengthen effective leadership and governance for mental health	2. To provide comprehensive, integrated and responsive mental health and social care services in community-based settings	3. To implement strategies for mental health promotion and protection including actions to prevent mental disorders and suicides	4. To strengthen information systems, evidence and research for mental health
T 1.1: 80% of countries will have updated their mental health policies and laws (within the last 10 years) by year 2016. *T 1.2: 80% of countries will be allocating at least 5% of government health expenditure to mental health by year 2020.*	*T 2.1: The number of beds used for long-term stays in mental hospitals will decrease by 20% by year 2020, with a corresponding increase in the availability of places for community-based residential care and supported housing.* *T 2.2: The treatment gap for severe mental disorders will be reduced by 50% by year 2020.*	*T 3.1: 80% of countries will have at least two national, multisectoral mental health promotion and protection programmes functioning by year 2016 (one universal, one targeted on vulnerable groups).* *T 3.2: Rates of suicide in countries will be reduced by year 2020.*	*T 4.1: A global observatory for monitoring the mental health situation in the world will be established by year 2014.* *T 4.2: 80% of countries will be collecting and reporting at least a core set of mental health indicators annually by year 2020.*

The WFOT

Mental Health Action plan

Underway to position profession to participate in implementation strategies

World Health Organization Initiatives

Five barriers prevent mental health from receiving the funding to match its importance:

1. **Mental health is not part of the public health agenda, making it a lower priority for funding.**
2. **Mental health services are not organized appropriately.**
3. **Mental health services aren't part of primary care.**
4. **There are too few mental health service providers.**
5. **There is insufficient public leadership and advocacy for mental health.**

Source: World Health Organization, *10 Facts on Mental Health*.

How can the WFOT Member Organizations participate in change?

Occupational therapists must be seen and recognized as credible and competent stake holder

Assessing Mental Health and Psychosocial Needs and Resources ToolKit for Humanitarian Settings
Humanitarian organizations will welcome this book both for its information and for its focus on the kinds of mental health issues that emerge in the event of natural or man-made disasters.

Research Capacity for Mental Health in low- and Middle income Countries. Results of mapping project
This title does a good job of explaining itself.

Humanitarian emergencies, an opportunity for fresh start in providing sustainable, long-term mental health services

However, too often opportunities are missed to strengthen mental health systems for the long-term, according to a WHO report, 'Building back better: Sustainable mental health care after emergencies' released for World Humanitarian Day (August 19).

- The report provides guidance for strengthening mental health systems after emergencies and examples of achievements and challenges from several countries.

IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings
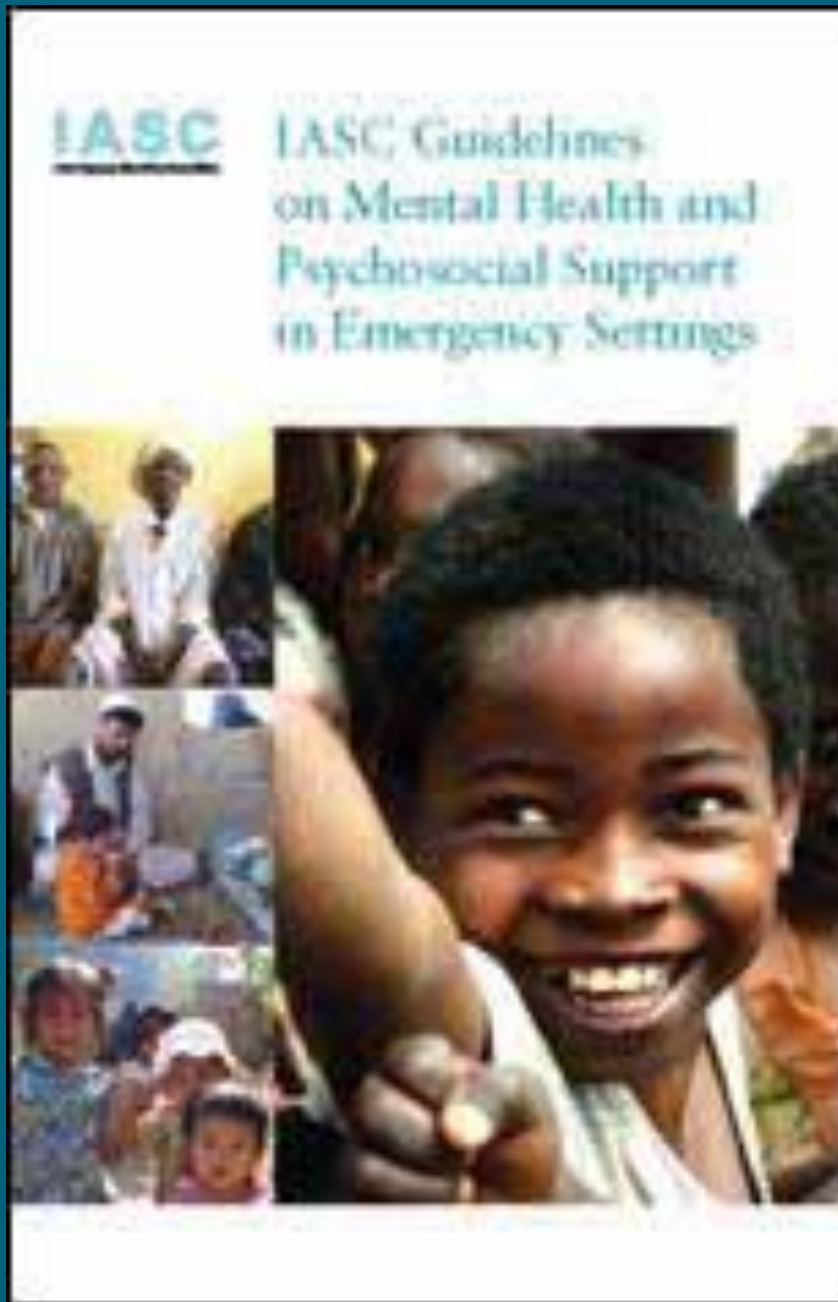
- The target group for WHO work on mental health and psychosocial support in emergencies is any population exposed to extreme stressors, such as refugees, internally displaced persons, disaster survivors and terrorism-, war- or genocide-exposed populations.

Atlas Series

This book focuses attention on the mental health needs of children and adolescents—a population that might otherwise be left behind when mental health resources are limited.
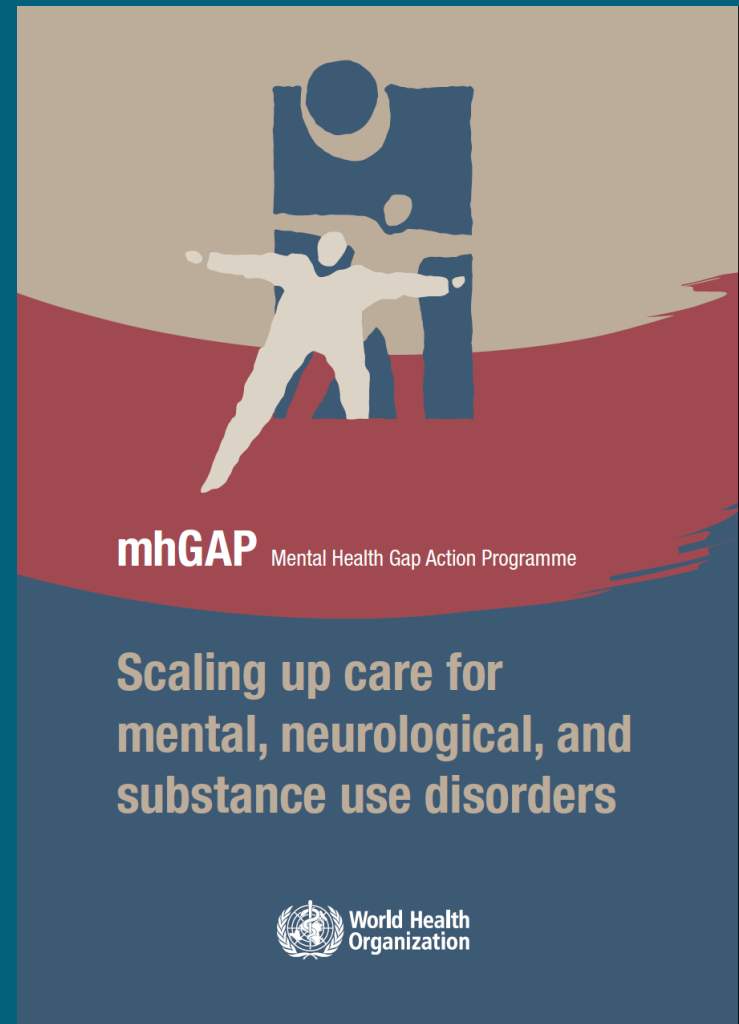
The most recent edition of **WHO's Mental Health Atlas** offers the most recent estimates yet of what resources are available in various countries to treat persons with mental illness and to protect their rights.
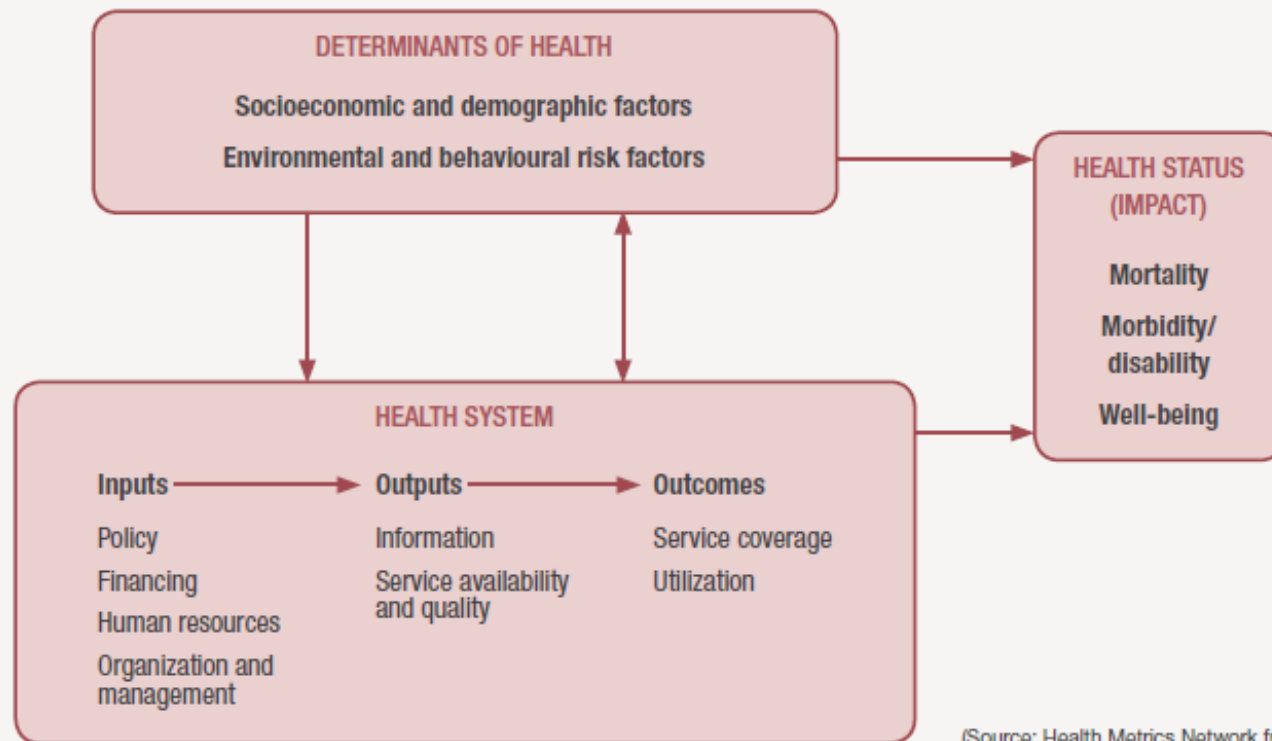
WHO Mental Health Gap Action Programme (mhGAP)

As populations continue to increase, national governments face the problem of expanding mental health care systems to treat more and more people with limited resources. This book aims to provide guidelines for good practice in expanding these services. 2008
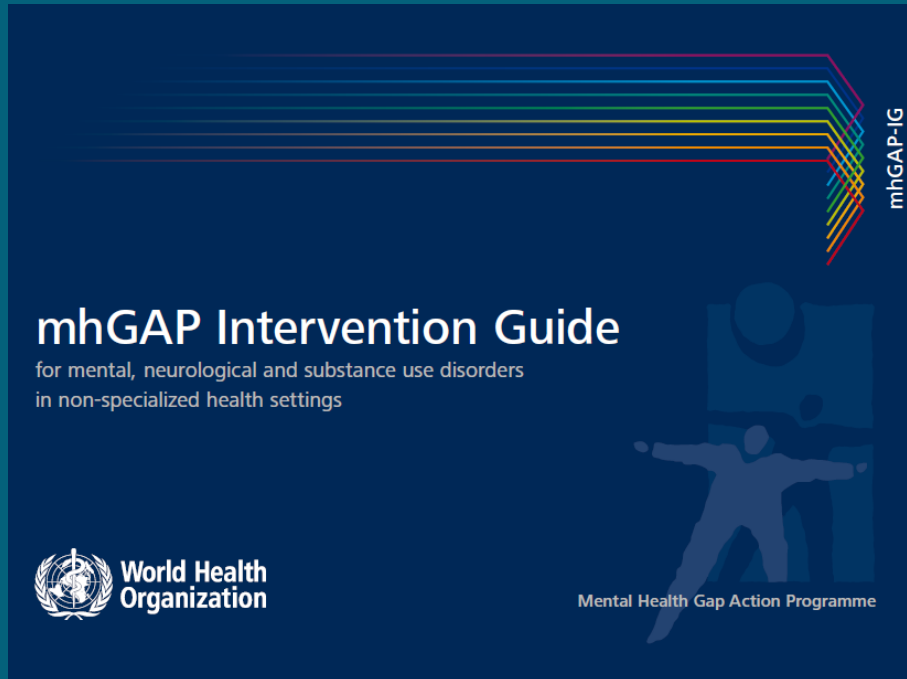
mhGAP Mental Health Gap Action Programme

Scaling up care for mental, neurological, and substance use disorders

World Health Organization

Framework for measurement of health information

Figure 4: Framework for measurement of health information

DETERMINANTS OF HEALTH

Socioeconomic and demographic factors

Environmental and behavioural risk factors

HEALTH SYSTEM

Inputs	Outputs	Outcomes
Policy	Information	Service coverage
Financing	Service availability and quality	Utilization
Human resources		
Organization and management		

HEALTH STATUS (IMPACT)

Mortality

Morbidity/ disability

Well-being

(Source: Health Metrics Network framework, 2007)

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WHO Mental Health Gap

mhGAP-IG

mhGAP Intervention Guide

for mental, neurological and substance use disorders
in non-specialized health settings

World Health Organization

Mental Health Gap Action Programme

- The WHO Mental Health Gap Action Programme (mhGAP) aims at scaling up services for mental, neurological and substance use disorders for countries especially with low- and middle-income.

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The programme asserts that with proper care, psychosocial assistance and medication, tens of millions could be treated for depression, schizophrenia, and epilepsy, prevented from suicide and begin to lead normal lives– even where resources are scarce 2010

Health Systems

Government planners in various countries will welcome this new book for its information on how to improve systems and services related to mental health. **Improving health Systems and Services in Mental Health**

IMPROVING HEALTH SYSTEMS AND SERVICES FOR MENTAL HEALTH

World Health Organization

Assessment and Management of Conditions Specifically Related to Stress
This series of PowerPoint slides provides valuable information for general practitioners and local health care providers on managing the special issues associated with stress, post-traumatic stress disorder, and similar phenomena in the wake of natural and man-made disasters.

This book examines what should and should not be done
in treating survivors of conflict-related sexual assault.

This book examines what can be done in resource-constrained settings to support the mental health of mothers and children, including those supports for maternal mental health that may
indirectly protect the mental health of their children.

Resource & Capacity Development

Human Resources and Training in Mental Health

Promoting Mental Health

Primary Health Care

Integrating mental health into primary care

A global perspective

World Health Organization   Wonca

This report provides the rationale and know-how on successfully integrating mental health into primary health care. 2008

This book presents an overview of what actions a government should take at the intersection of legislation, persons with mental illness, and human rights.


This book examines the mental health systems in various low-income and middle-come countries

- **Mental health and development: targeting people with mental health conditions as a vulnerable group**

This book examines what can be done for persons in developing countries with mental health concerns— concerns that may exclude them from the benefits of economic growth if left unresolved.
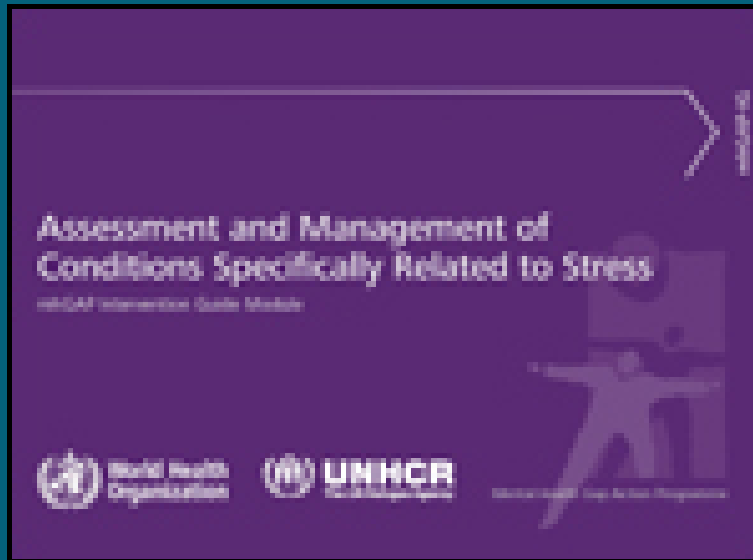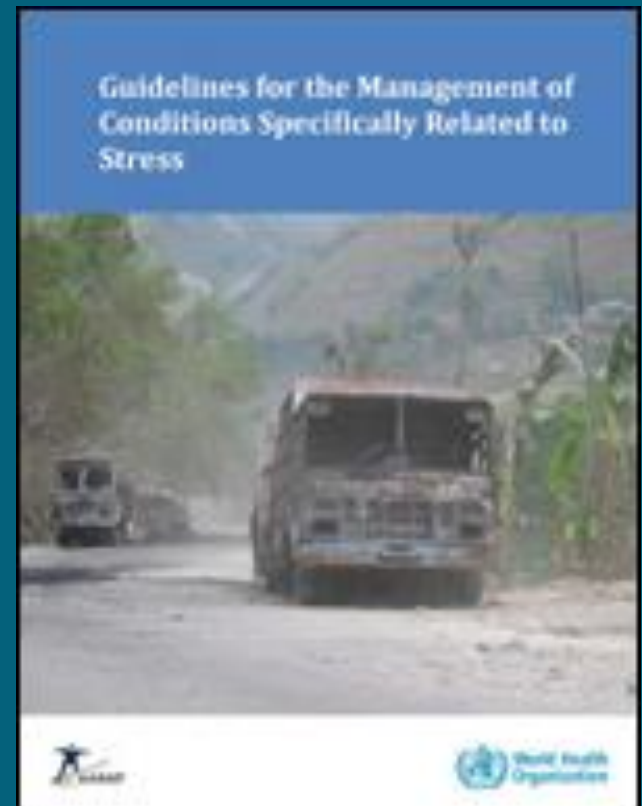
South East Aisean Regional Office
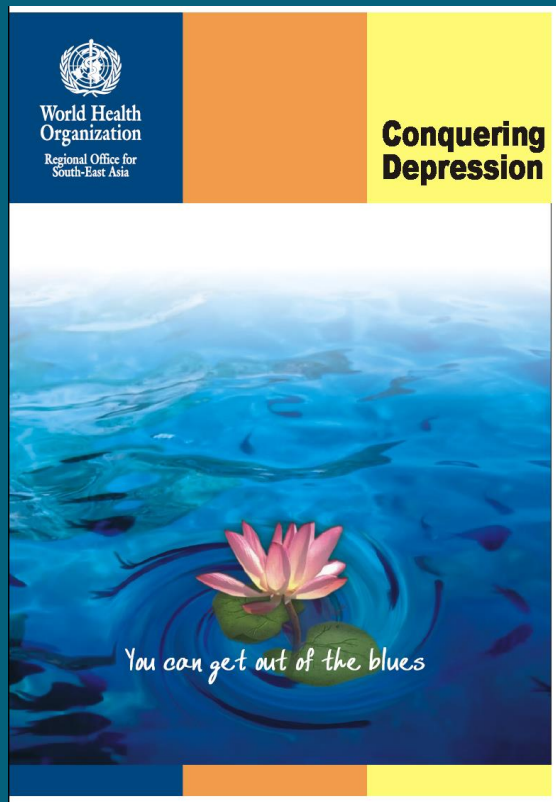
As the title suggests, this book is directly intended for persons who are being treated for depression, their caregivers, families, and friends.

Stress Items

Theses books examines the assessment and management of conditions related to stress, with an eye to both mental and physical health.

Child Maternal Health

This book examines the consequences of changes in women's reproductive health for their mental health and well-being.

This book aims at providing newer information and evidence on the mental health of women in various countries.

WHO Major Resources

RESEARCH ON   MH ISSUES

CONTEXT AND ENVIRONMENTAL IMPACTS

STRATEGIES/ ACTION PLANS

TOOLKITS

A GROWING THEME OF INTEGRATING MIND BODY & SPIRIT

Opportunities for the occupational therapy profession.

REMEMBER YOUR ORIGINS

Original OT Services
Hospital Start - Focus was Reintegration to Community

THIS WORK IS DONE BY DISABLED SOLDIERS-CONVALESCENT ONLY
On Discharge From The Army They Take
Industrial Re-Training of Soldier-Citizens

SEE OTHER SIDE

CANADIAN NATIONAL EXHIBITION CIRCA 1919, TORONTO ONTARIO

Soldiers Civil Re-establishment
To

Community services & Homecare

WWI Veterans

It was about:
- **Supporting recovery through activity engagement**
- **Returning to the community**
- **Having skills to earn a living**

Original Conceptual Core

Canadian Occupational Therapy
Association Badge
1919

The concepts of

Mind, Body & Spirit the foundation
of Occupational Therapy's Origin

Per Mentem Et Manus Ad
Sanitatem

Through Mind and Hand To
Health

"DOING"   OCCUPATION HALLMARKS of
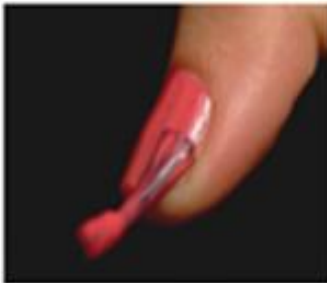OCCUPATIONAL THERAPY

OVER 40 YEARS LATER IT WAS EXPANDED   AND RESTATED

"Man, through the use of his hands, as they are energized by mind and will, can influence the state of his own health" M.Reilly, 1962

THANK YOU

www.who.int