

# **Mental health: In the mainstream**

## **The European Mental Health Action Plan 2013**

**Tenerife June 2012**

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# Policy drivers 2012

- 1. Population wellbeing, social determinants and inequality**
- 2. Rights and recovery**
- 3. Community mental health services**
- 4. Acceptable, effective and safe treatments**
- 8. High mortality and co-morbidity**
- 9. Partnerships and responsibilities**
- 10. Information and quality**
- 8.**

# WHO Regional Office for Europe: Health2020

“Our vision is for a WHO European Region where all people are enabled and supported in achieving their full health potential and well-being and in which WHO Member States, individually and jointly, work towards reducing inequalities in health within the region and beyond.”



# DALYs in Europe

## DALYs by causes

	%
Cardiovascular diseases	22.9
Neuropsychiatric conditions	19.5
Malignant neoplasms	11.4
Unintentional injuries	9.6
Digestive diseases	4.9
Respiratory diseases	4.5
Intentional injuries	4.3
Sense organ diseases	4.1
Infectious and parasitic diseases	3.8
Musculoskeletal diseases	3.7
Respiratory infections	2.1
Perinatal conditions*	



EUROPE

# The treatment gap Western Europe

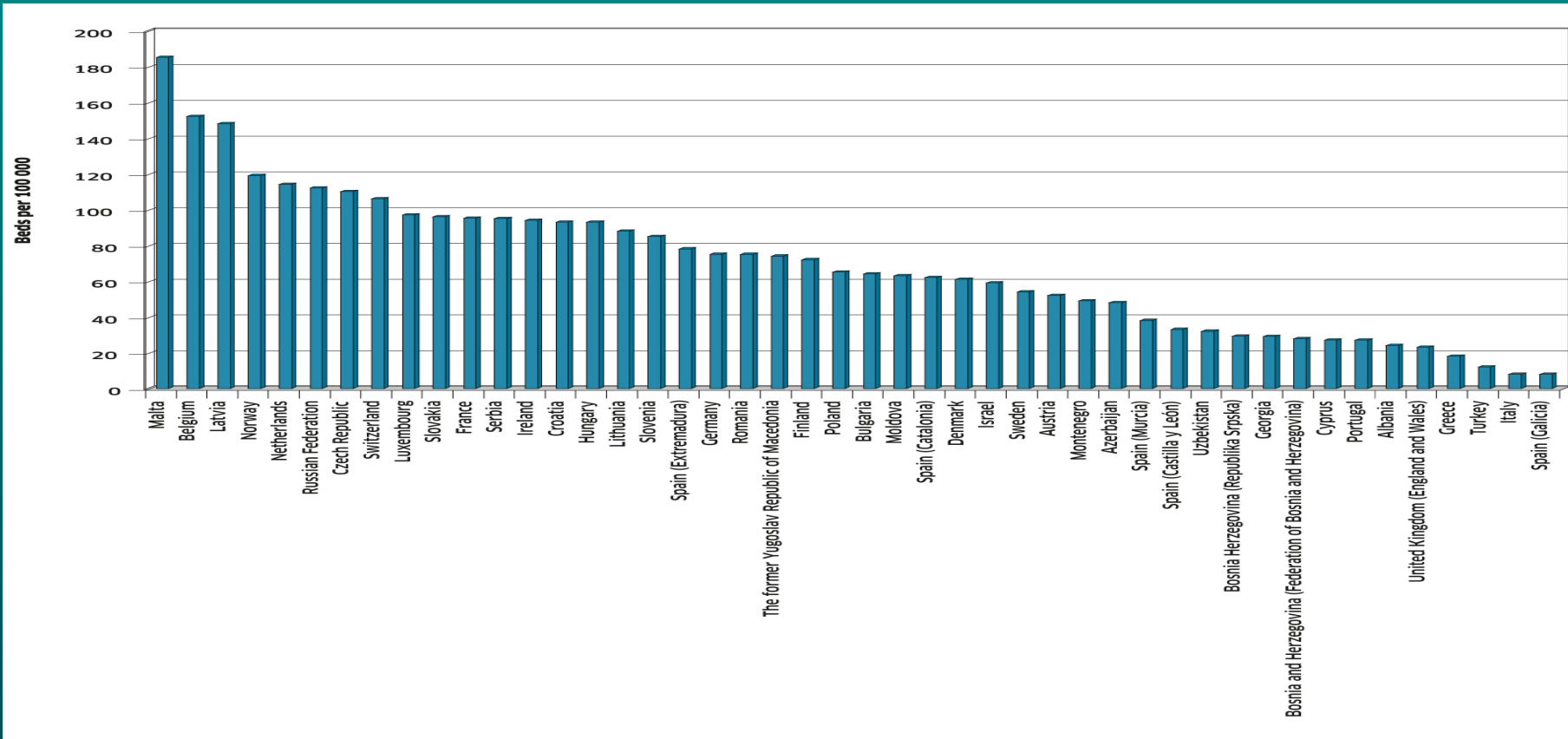
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- Psychosis: 17.8%
- Bipolar disorder: 39.9%
- Major depression: 45.4%
- Panic disorder: 47.2%
- Anxiety disorder: 62.3%
- Alcohol dependence: 92.4%



*Source: Kohn 2004*

# DIVERSITY in EUROPE



# Three reform waves



# The Mental Health Declaration for Europe and the Mental Health Action Plan for Europe 2005



- Foster awareness
- Collectively tackle stigma, and empower and support people with mental health problems and their families
- Design and implement mental health systems
- Create a competent workforce
- Recognize experience and knowledge of service users and carers



# Scope

## European Mental Health Action Plan

- Improve the mental wellbeing of the population and reduce the burden of mental disorders, with a special focus on vulnerable groups, exposure to determinants and risk behaviours;



- Respect the rights, address stigma and discrimination and offer equitable opportunities to people with mental health problems (including dementia and substance use disorders) to attain the highest quality of life;

- Establish accessible, safe and effective services that meet people's mental, physical and social needs and the expectations of persons with mental health problems and their families.

# Population wellbeing



# Health Determinants

## Social gradient:

- Smoking
- Alcohol
- Diet
- Obesity
- Exercise

# Determinants of wellbeing

- Employment
- Marital Status
- Ethnicity
- Relative income (status)
- Country

# Social Determinants of Health

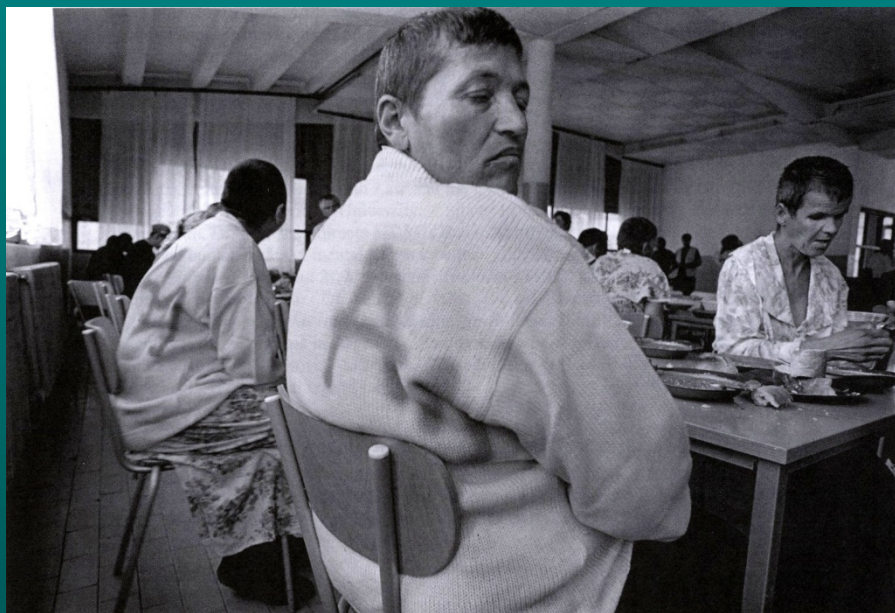


# health services





A picture of the same woman –  
in institutional care, and after community  
care was provided



# Unbundling and Integrating Care

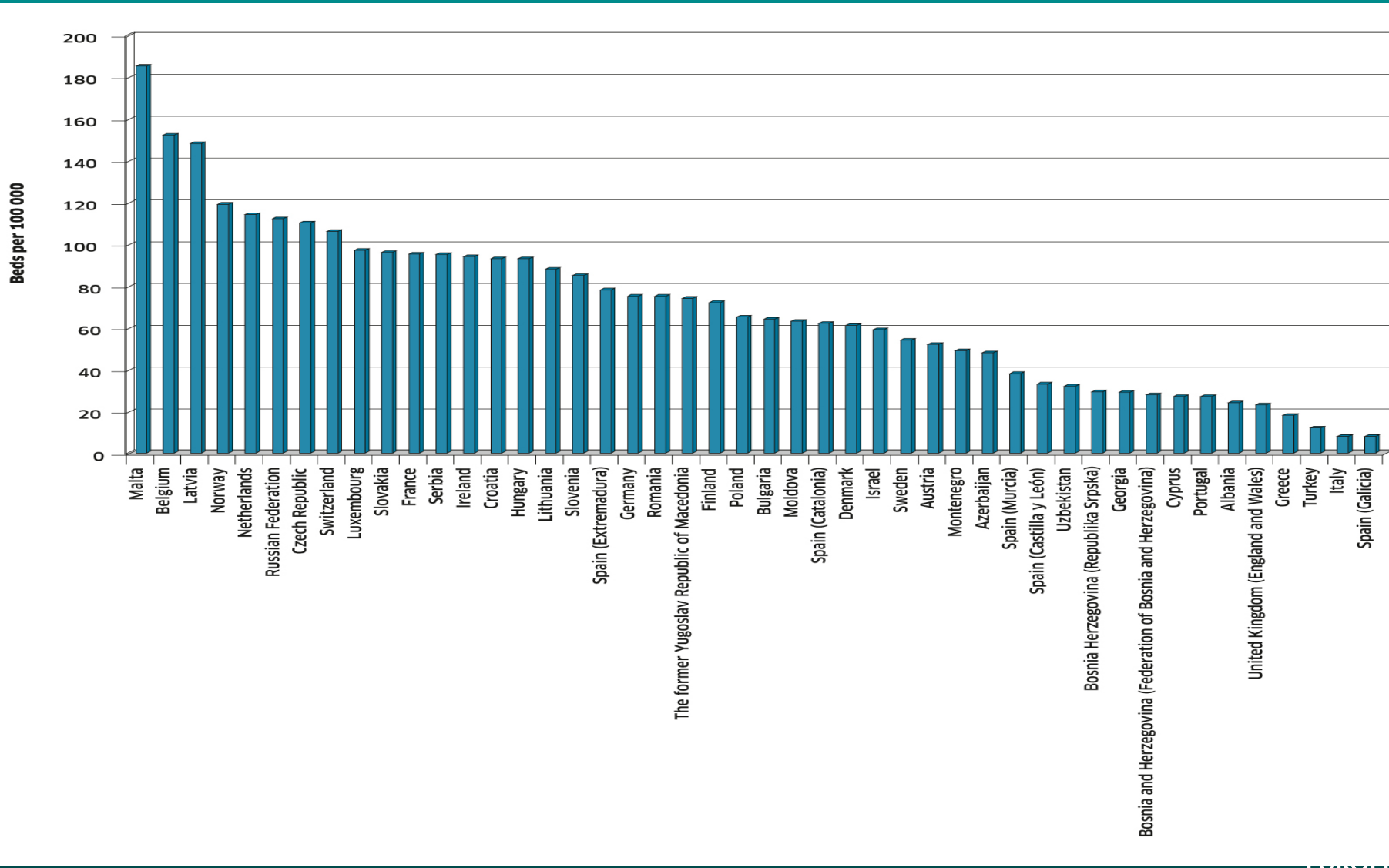
- Primary care
- Community services
- 24 hour care
- Specialist services
- General health care
- Social care

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Second level  
Third level  
Fourth level  
Fifth level

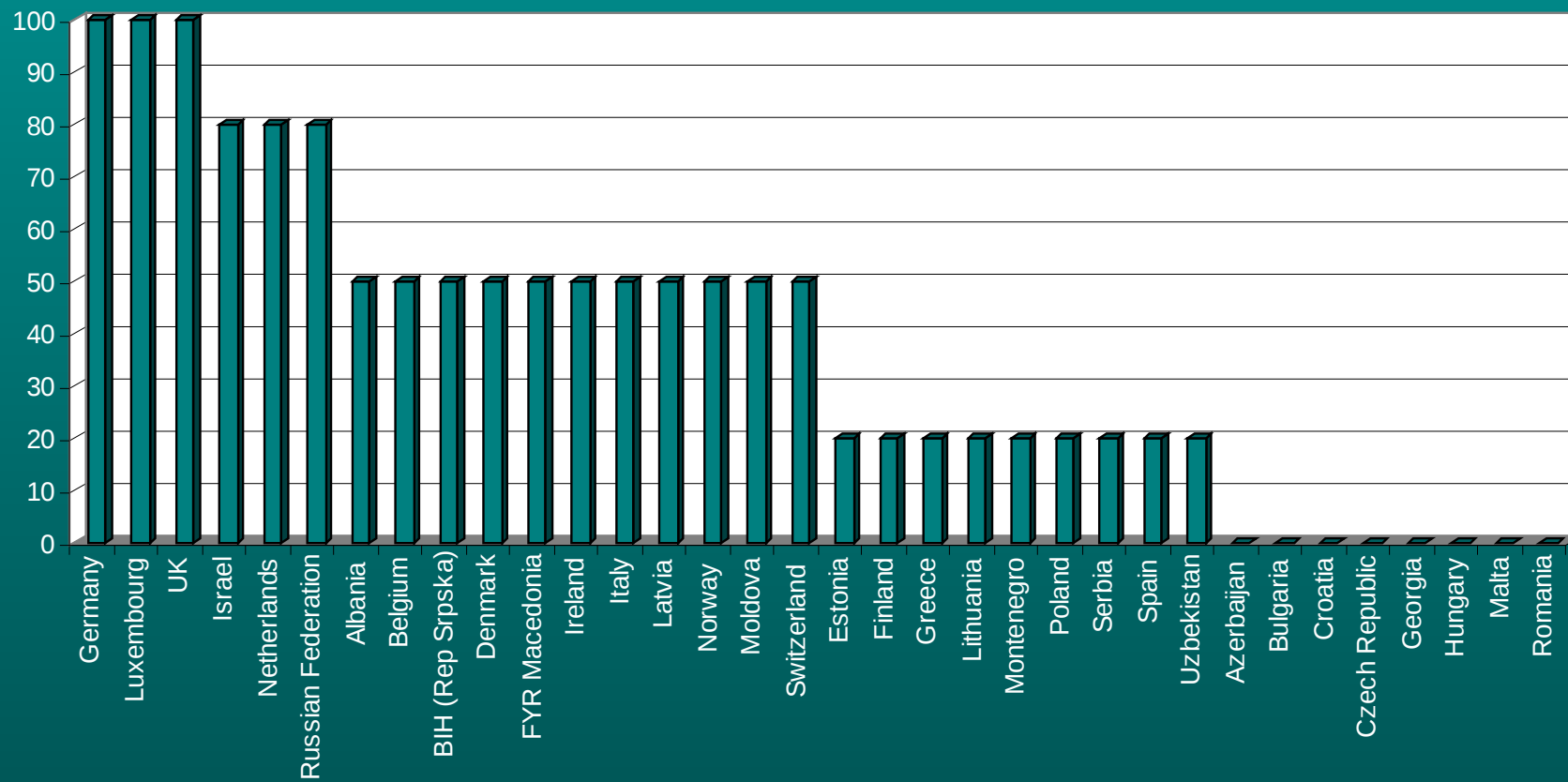
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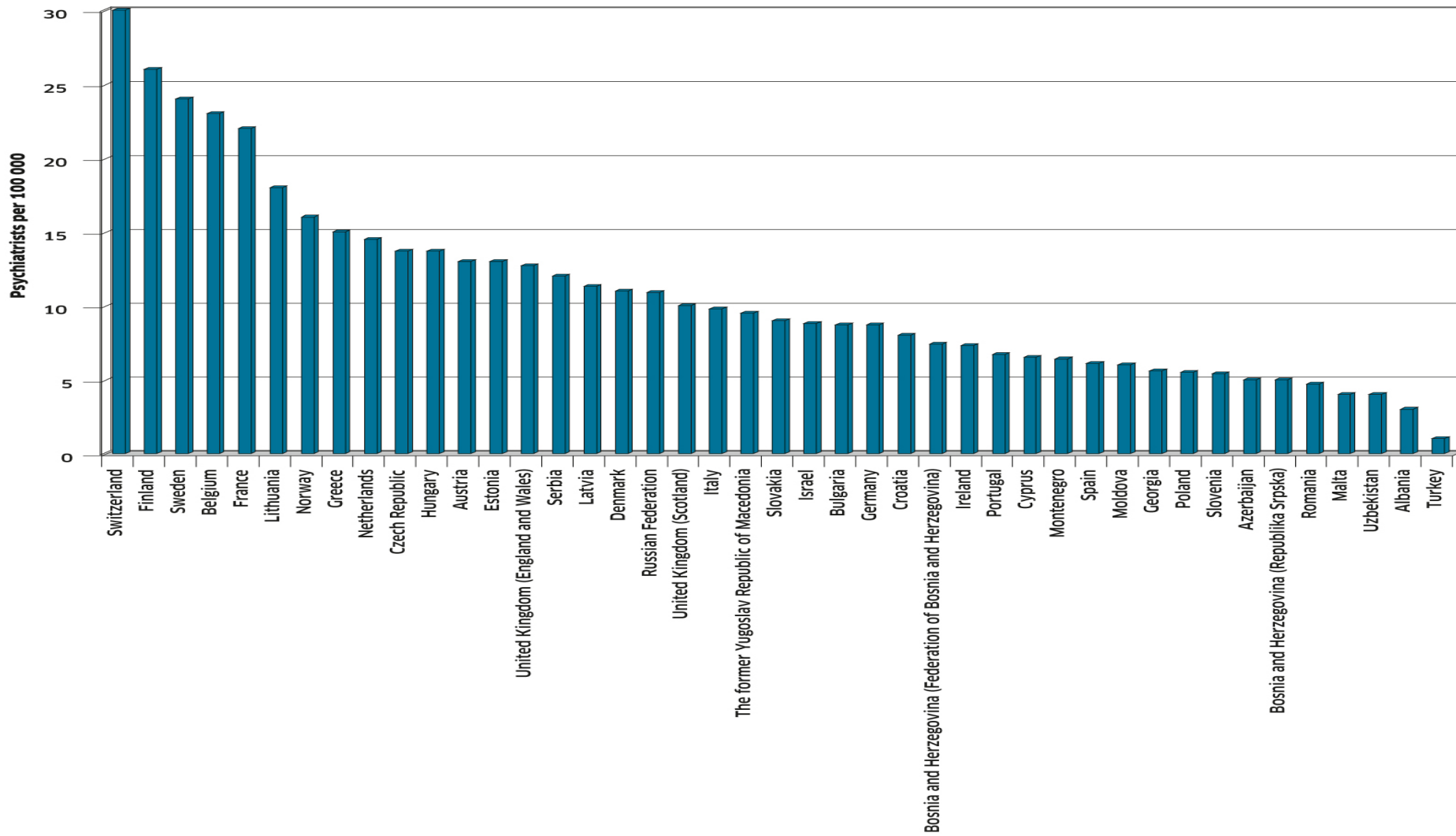
# Total mental health beds per 100 000 population



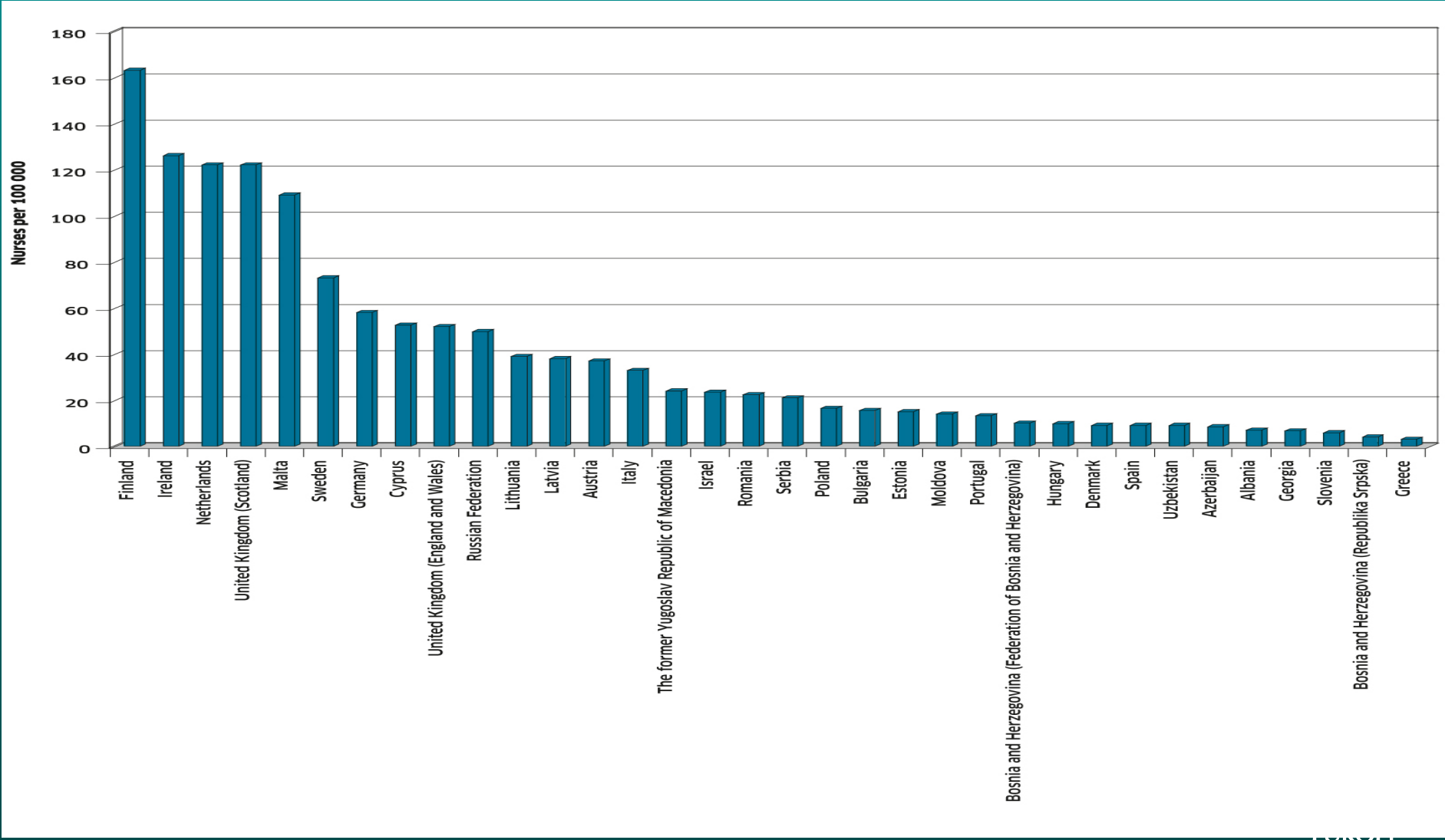
# Home treatment



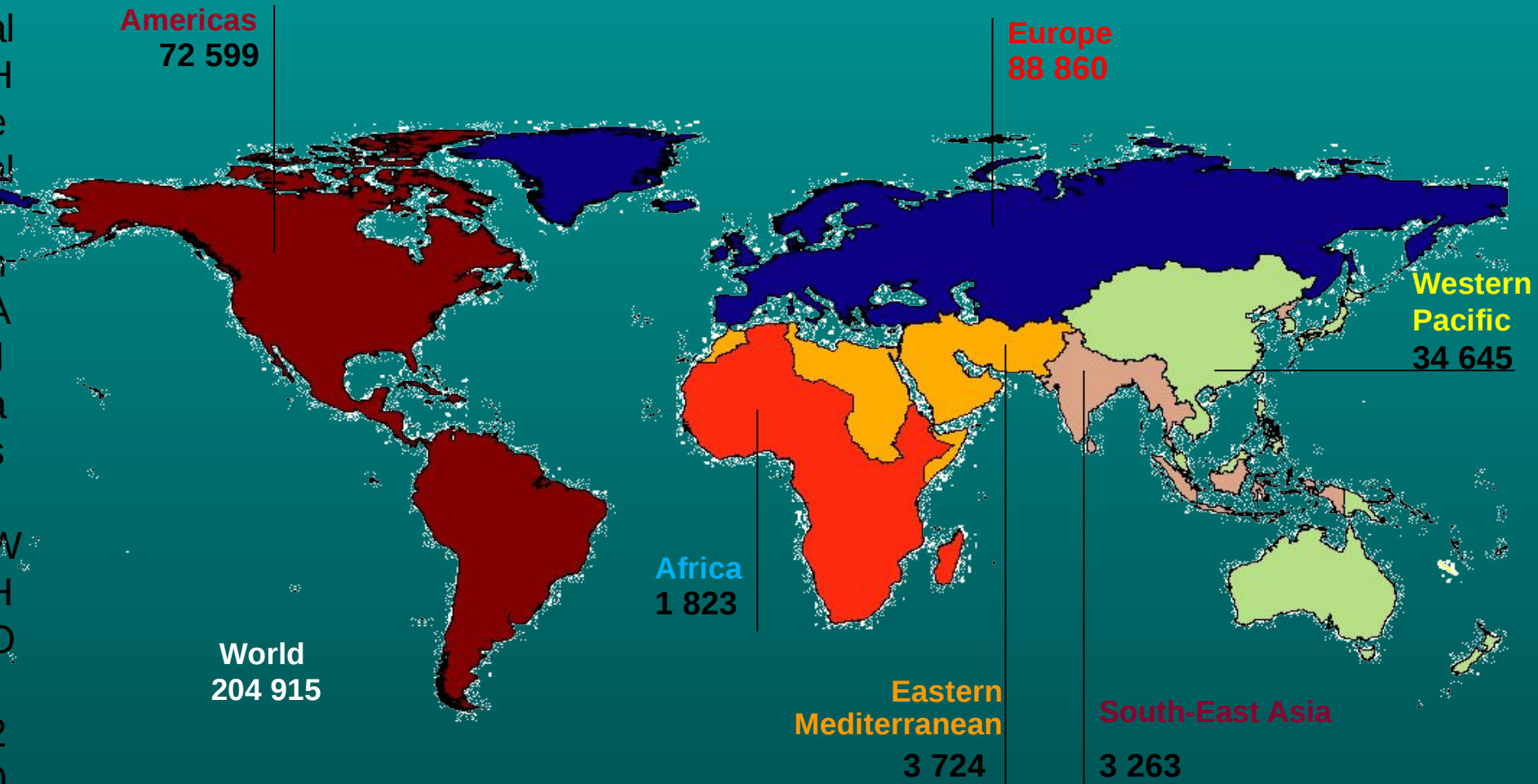
# Number of psychiatrists per 100 000 population



# Number of nurses working in mental health care per 100 000 population



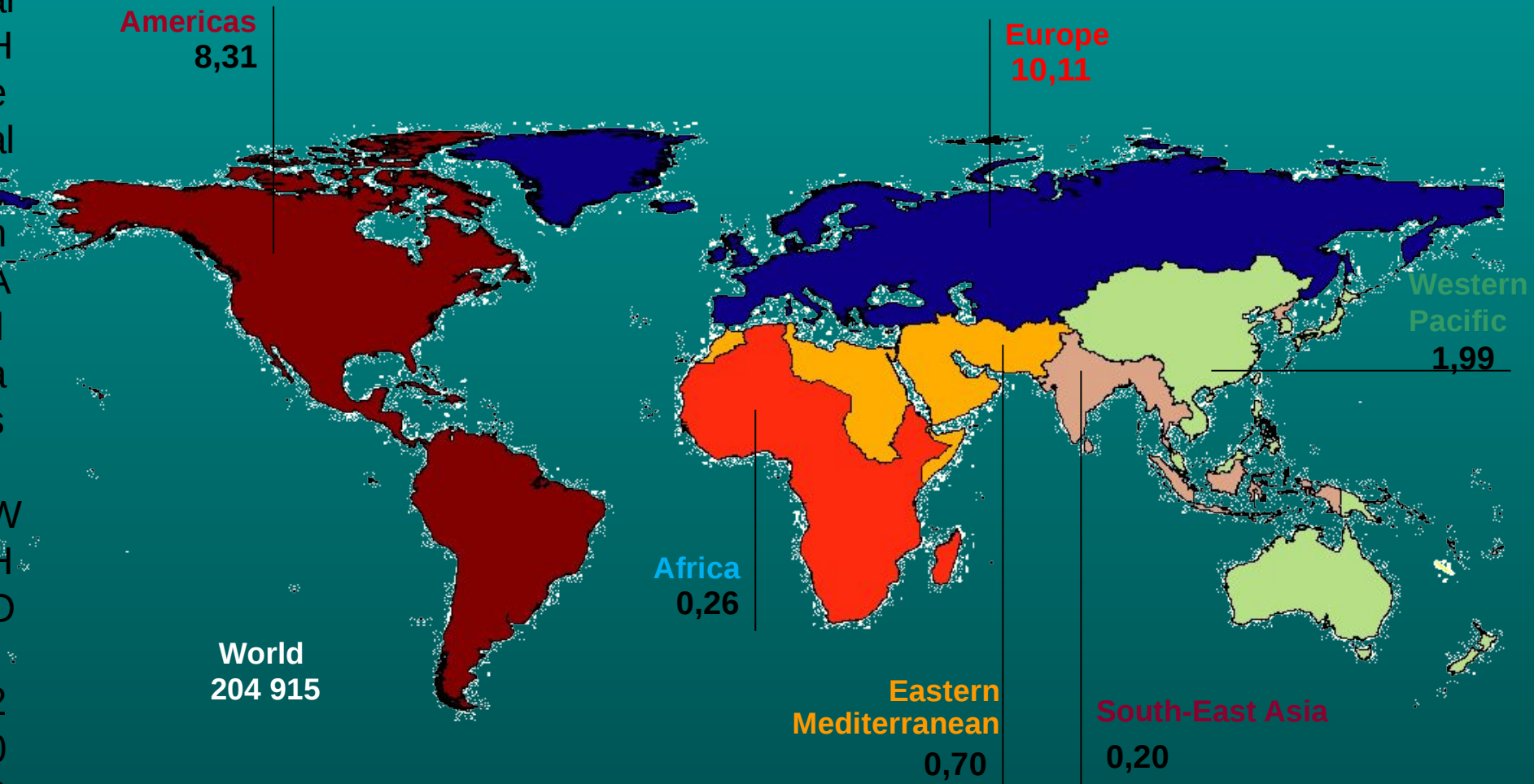
# Number of psychiatrist in each WHO Region



EUROPE



# Rate of psychiatrist per 100 000 population in each WHO Region





**effective and safe treatments**



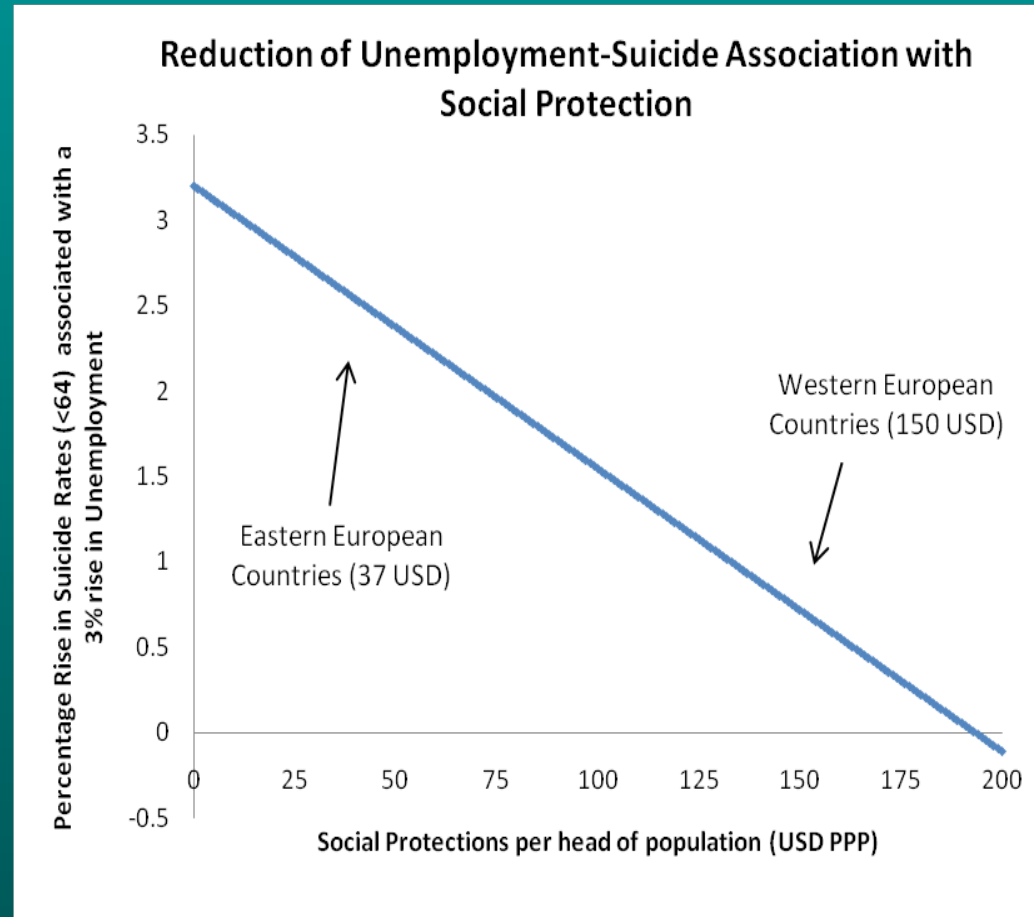
# Challenges



# Efficiency of suicide prevention

Each \$100 additional social spending reduced suicide by:

- 0.38%: active labour market programmes
- 0.23%: family support
- 0.07%: healthcare
- 0.09%: unemployment benefits



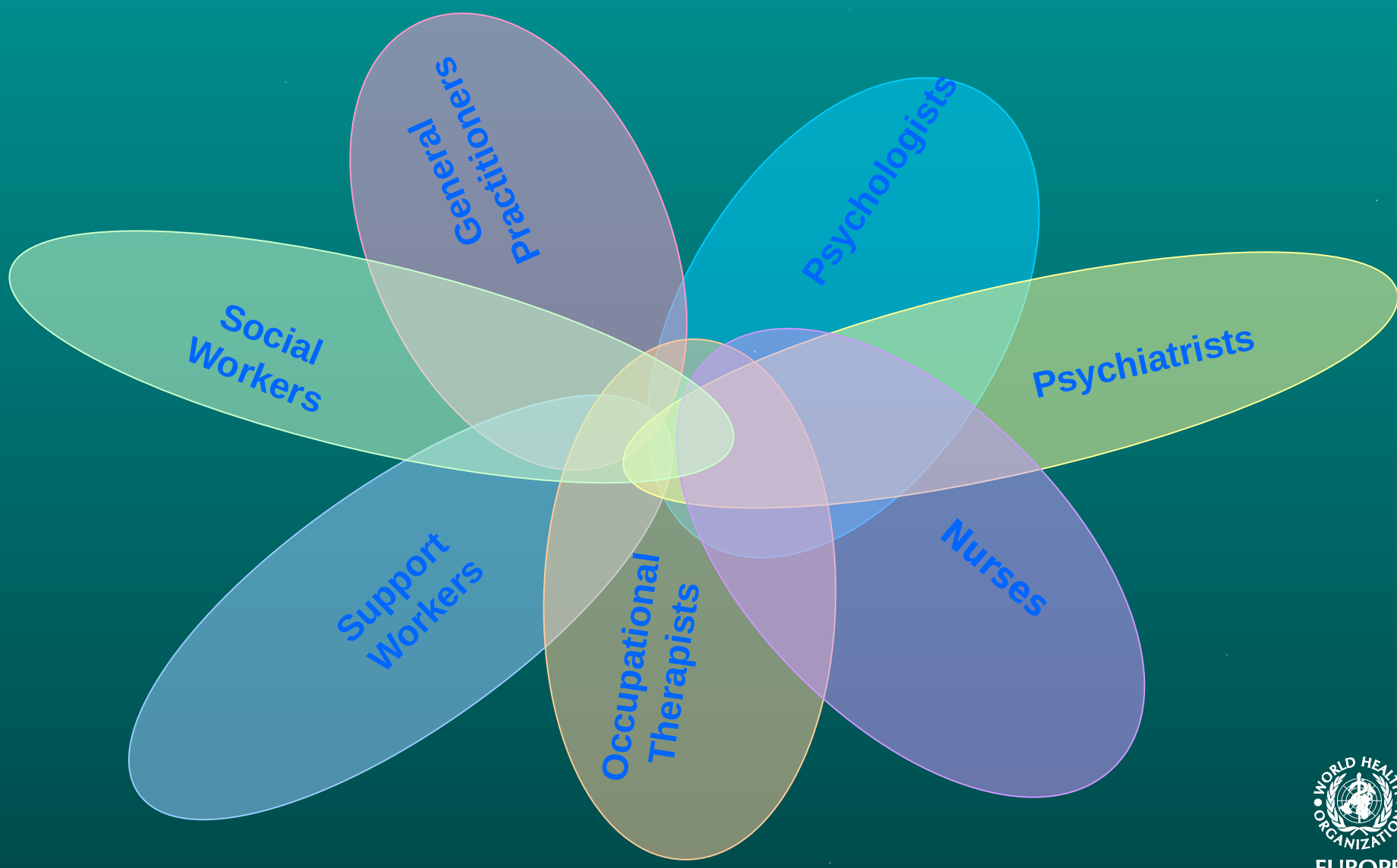
Source: Stuckler et al 2009 *Lancet*

# What are we talking about?

Wellbeing, mental wellbeing, mental health, mental distress, mental health problems, mental disorders, mental illness, psychiatric disorders, brain disorders, brain illness.

Mental health services, psychiatric services, brain illness services, etc.





# Scope European Mental Health Strategy

- Improve mental wellbeing and prevent mental disorders
- Respect the rights and offer opportunities
- Establish safe and effective services
- Tackle co-morbidities

# Mental disorders and mental health: Cycle of Wellbeing

