



Global Alliance of Mental Illness Advocacy Networks – Europe

JOINT ACTION

On Mental Health and Well Being

Vilnius Convention, 2013

Pedro Montellano

Background



- Neuropsychiatric 2009-2011 - thematic conferences organized under the European Pact for Mental Health and Well-being
- June 2011 - Council conclusions on the "European Pact for Mental Health and Well-being: results and future action" were adopted

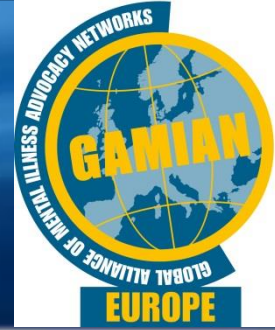
Prevalence of mental disorders in Europe (WMHS)

Wang et al, 2010



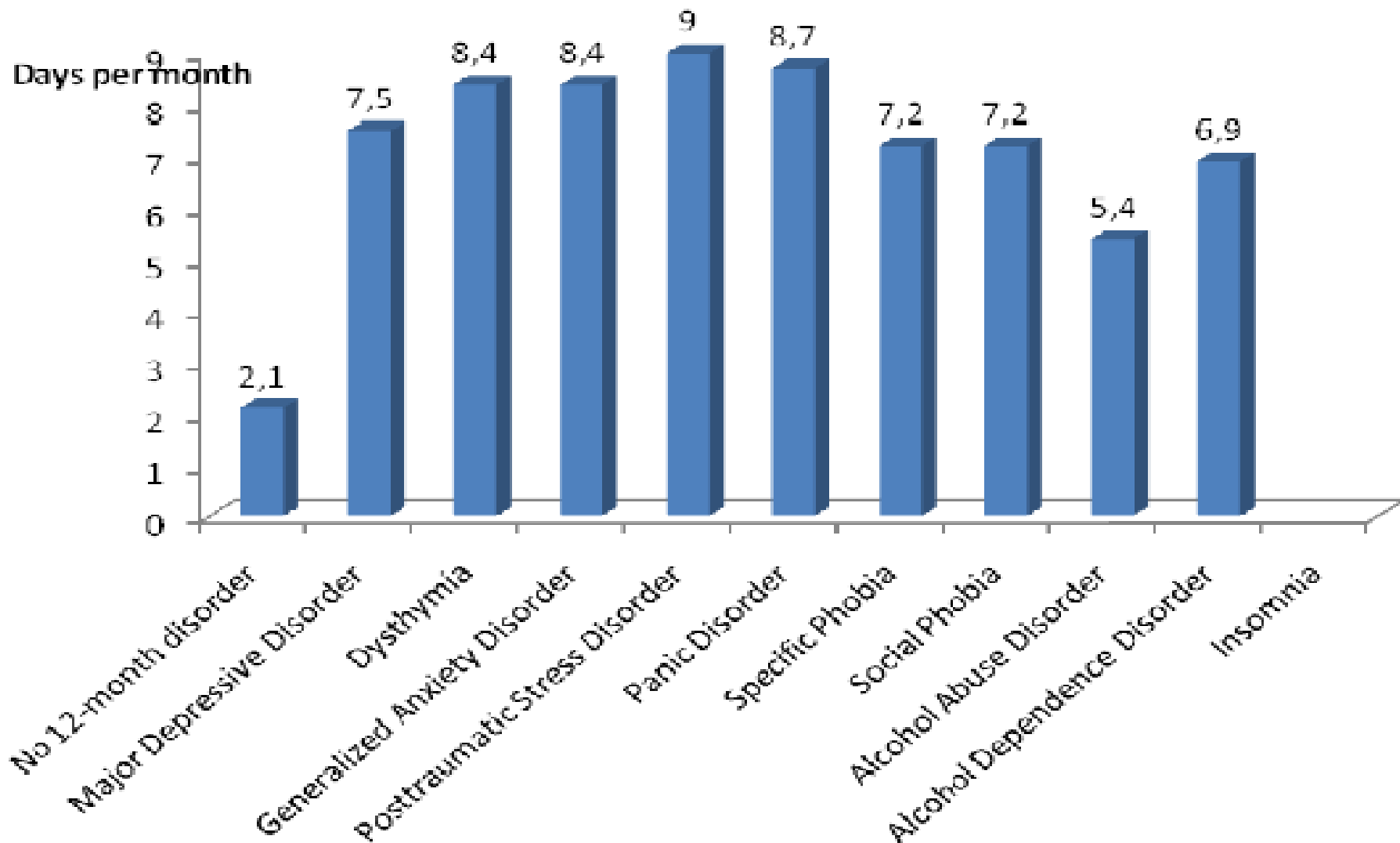
COUNTRIES	12-MONTH PREVALENCE OF ANY DISORDER (%)	PREVALENCE OF SERIOUS DISORDERS (%)
BELGIUM	13.2	4.3
BULGARIA	11.2	2.3
FRANCE	18.9	3.5
GERMANY	11.0	2.4
ITALY	8.8	1.4
NETHERLANDS	13.6	4.2
NORTHERN IRELAND	23.1	6.7
PORTUGAL	22.9	4.0
SPAIN	9.7	1.9

Burden of mental disorders in Europe



- Neuropsychiatric disorders are the second leading cause of disability-adjusted life years (DALYs) in the WHO European Region, accounting for 19.5% of all DALYs (WHO, 2008).
- neuropsychiatric disorders rank as the first-ranked cause of years lived with disability (YLD) in Europe, accounting for 39.7% of those attributable to all causes.
- Suicide rates are high in the European Region: the average suicide prevalence rate in Europe is 15.1 per 100 000 population (WHO, 2008).

Work loss days associated with 12-month mental disorders in Europe (Alonso et al, 2004)



Treatment gap in serious mental disorders (WMHS)

Wang et al, 2010



Countries	Proportional treatment of serious 12-month disorders (%)
BELGIUM	60.9
BULGARIA	31.0
FRANCE	48.0
GERMANY	40.0
ITALY	51.0
NETHERLANDS	50.4
NORTHERN IRELAND	72.8
PORTUGAL	66.4
SPAIN	58.7

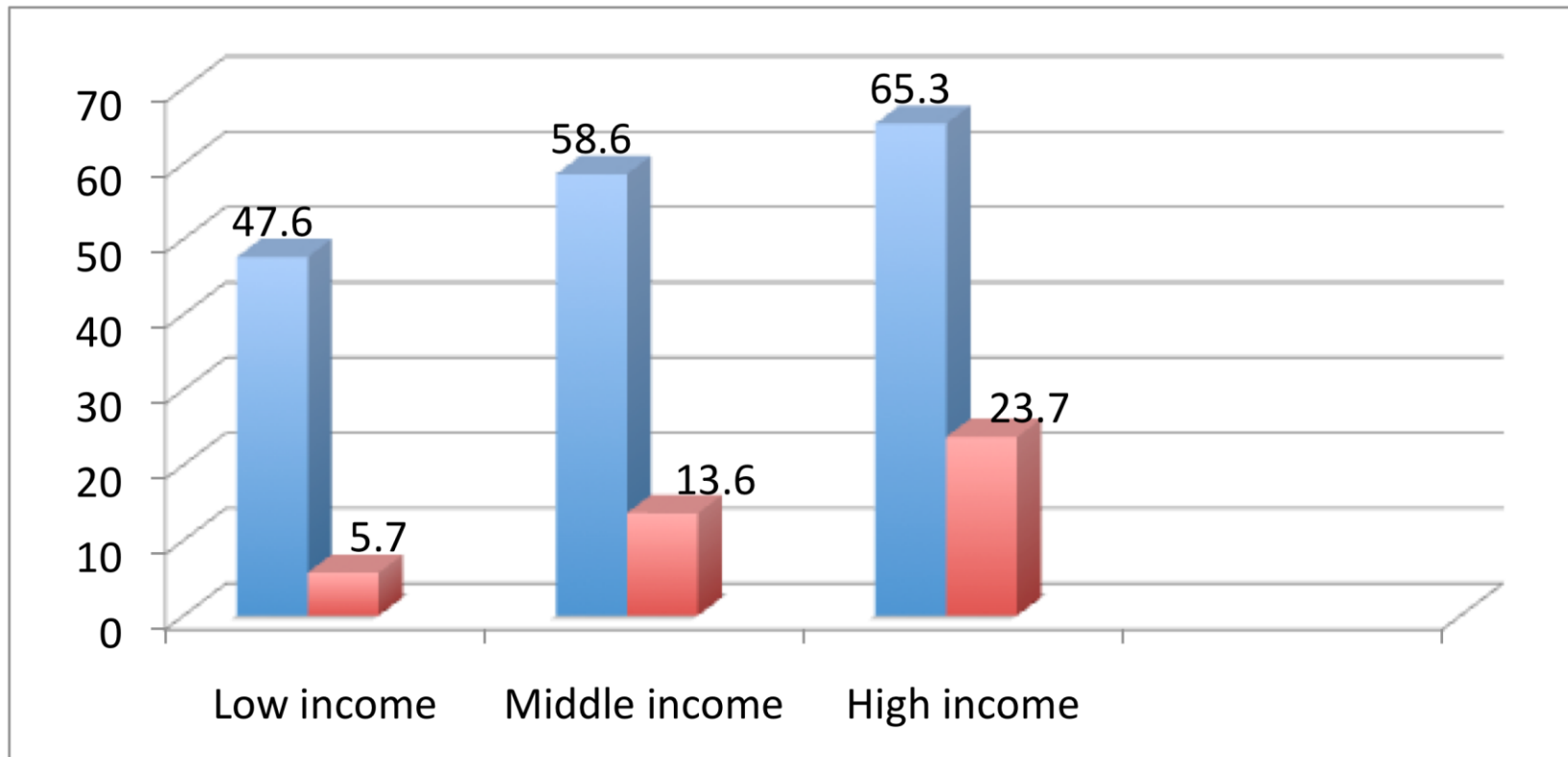
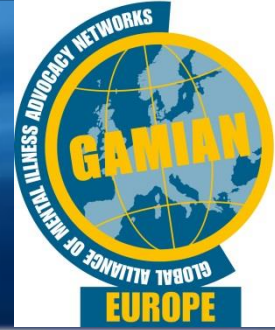
Quality of treatment (WMHS)

Wang et al, 2010



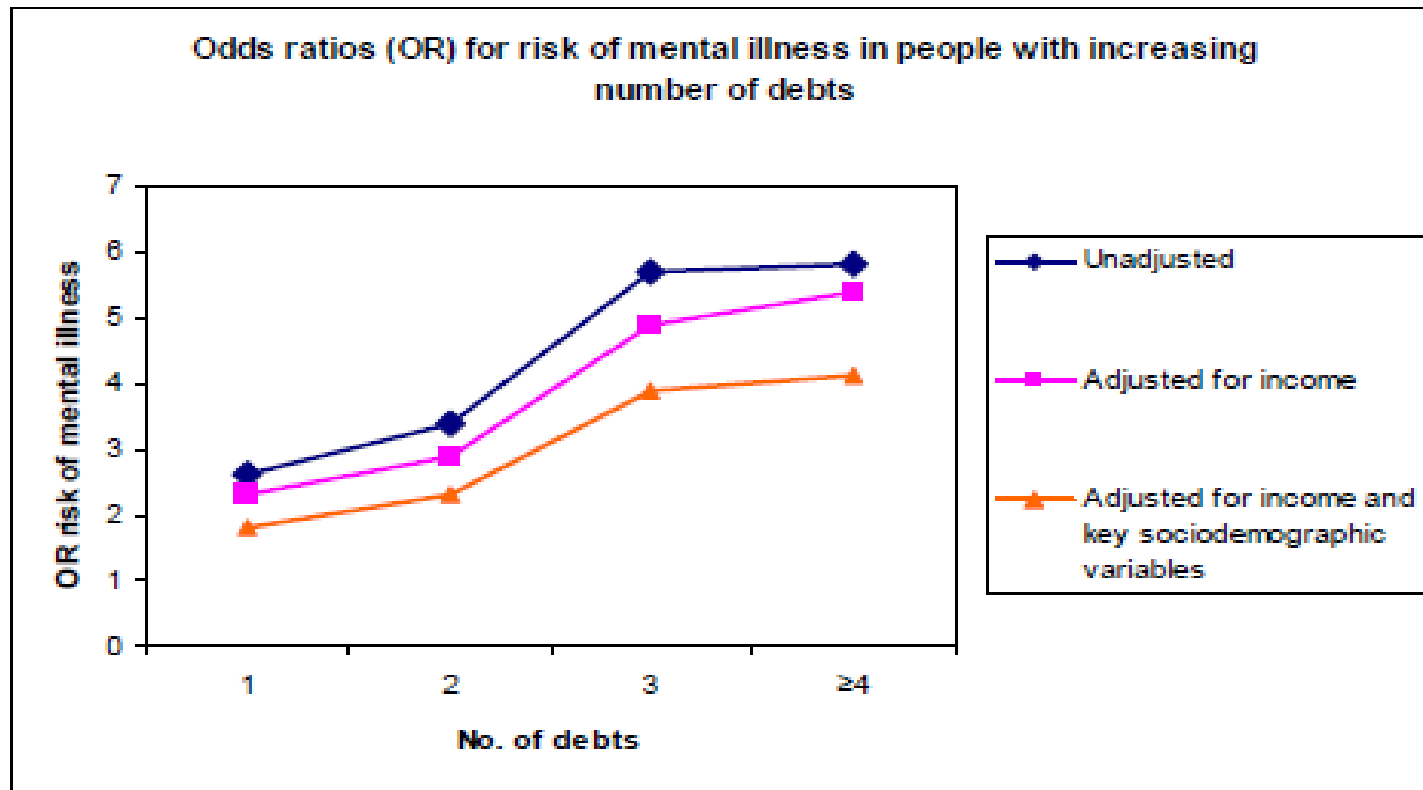
COUNTRIES	% OF SERIOUS 12-MONTH DISORDERS THAT RECEIVED MINIMALLY ADEQUATE TREATMENT
BELGIUM	42.5
BULGARIA	33.3
FRANCE	57.9
GERMANY	67.3
NETHERLANDS	67.2
PORTUGAL	43.2
SPAIN	47.5

Treated prevalence of physical and mental disorders (Ormel et al, 2008)



Number of Debts and Mental Health

Fig. 3. The more debt people have, the worse their mental health

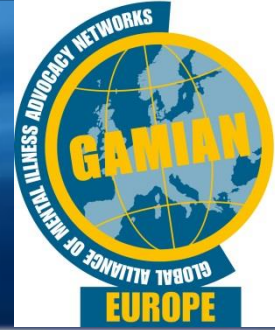


Objective #1



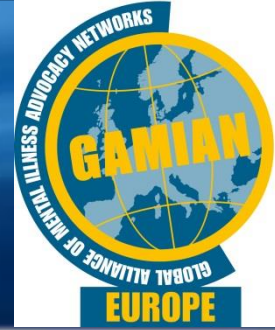
The joint action will build on the work of 2009-2011 thematic conferences organized under the European Pact for Mental Health and Well-being, and will give sequence to the Council conclusions on the "European Pact for Mental Health and Well-being: results and future action", adopted in June 2011.

Objective #2



The main objective is to contribute to the promotion of mental health and well-being, the prevention of mental disorders and the improvement of care and social inclusion of people with mental disorders in Europe. This objective will be attained by establishing a process for structured collaborative work, involving MS, EU, relevant stakeholders and international organizations, leading to the development of an endorsed framework for action.

Objective #3



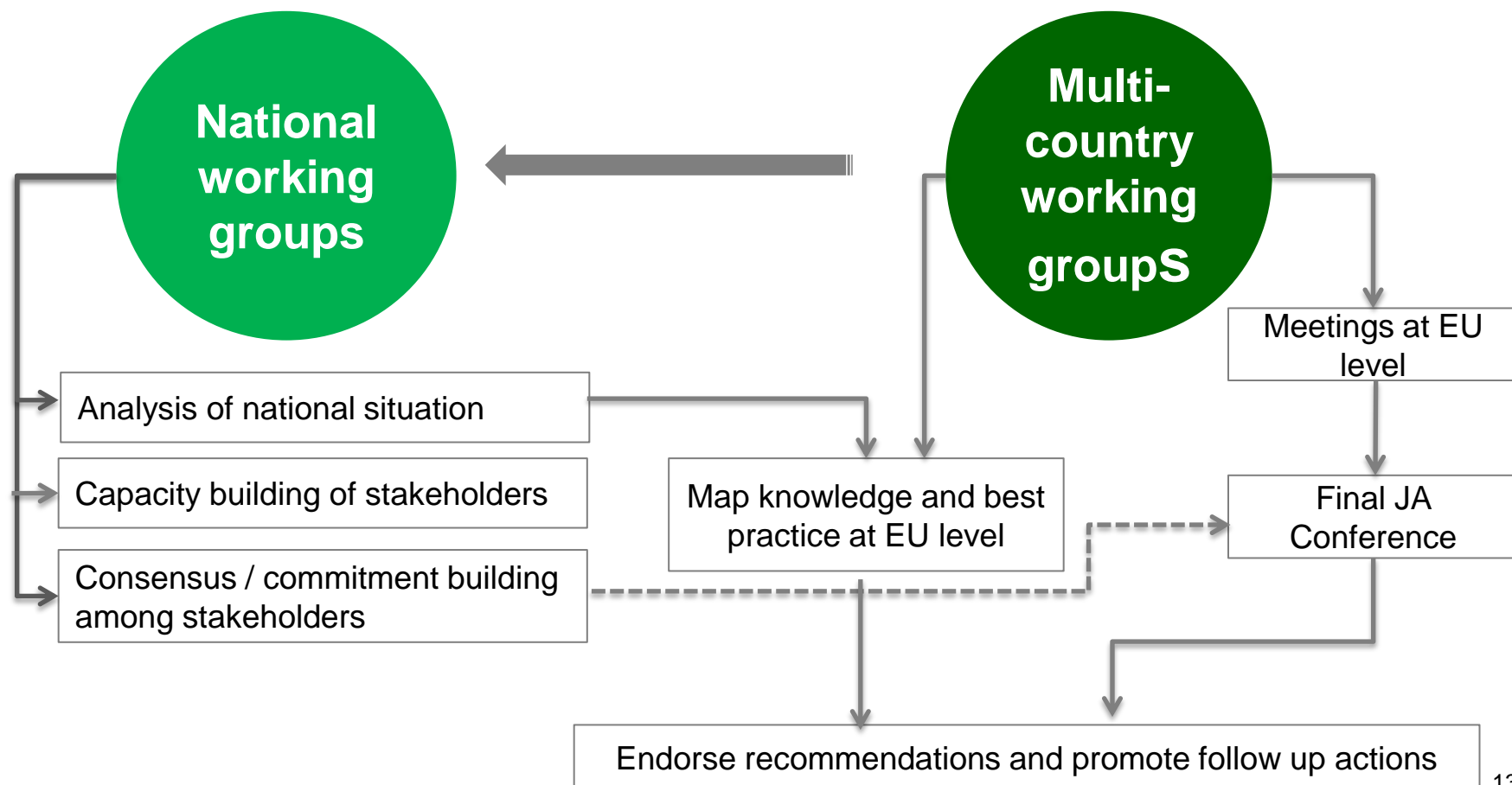
The Joint Action will address issues related to:

1. promotion of mental health at the workplaces and schools;
2. promoting action against depression and suicide;
3. developing community mental health care
4. promoting the integration of mental health in all policies.

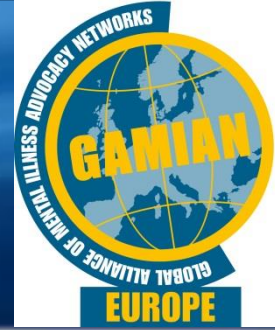
Specific objectives

National MS level

EU level



Expected outcomes #1



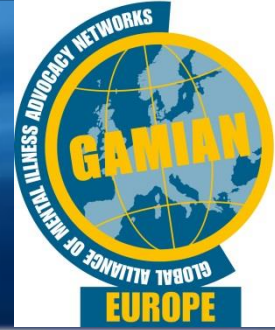
1. A more rigorous and comprehensive knowledge on the situation of mental health and well-being in EU countries in areas related with the themes of the WP's.
2. Creation of an inventory of existing evidence, best practices and available resources;
3. Strengthening of national and European networks;
4. Recommendations for action;

Expected outcomes #2



5. Building capacity of national mental health leaders and other stakeholders in mental health policy development;
6. Endorsement of a framework for action by MS and EU agencies, as well as their commitment for follow-up action;
7. Establishment of a structured cooperation between MH – WB and networks from other European projects, and the creation of mechanisms supporting a structured collaboration between key actors in the implementation of mental health policies in Europe.

Work packages and deliverables



Depression, suicide, e-health

Community based approaches

Workplaces

Schools

All policies

Management / Dissemination / Evaluation



5 Reports on situation analysis and recommendations for action

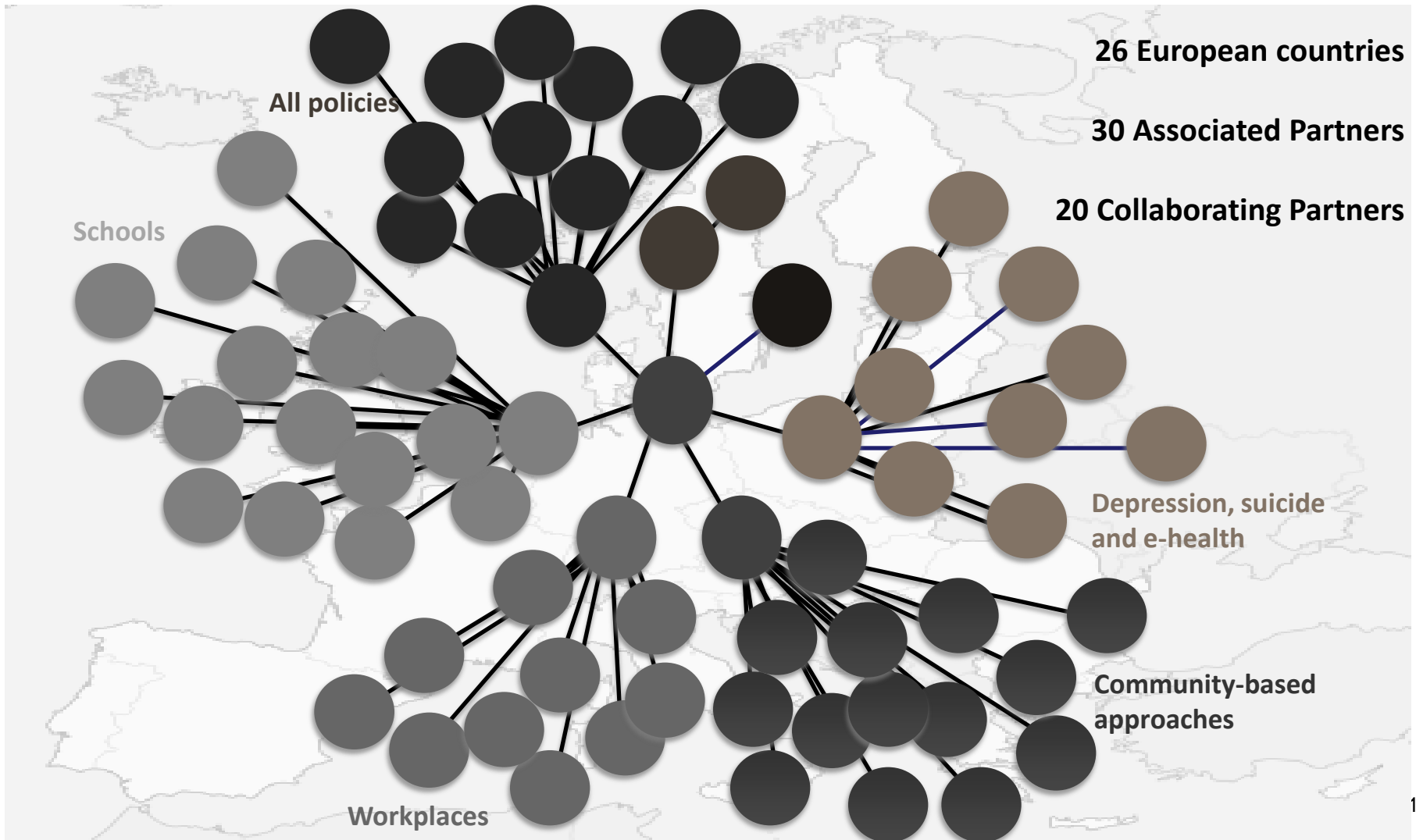
7 Capacity building workshops

JA website

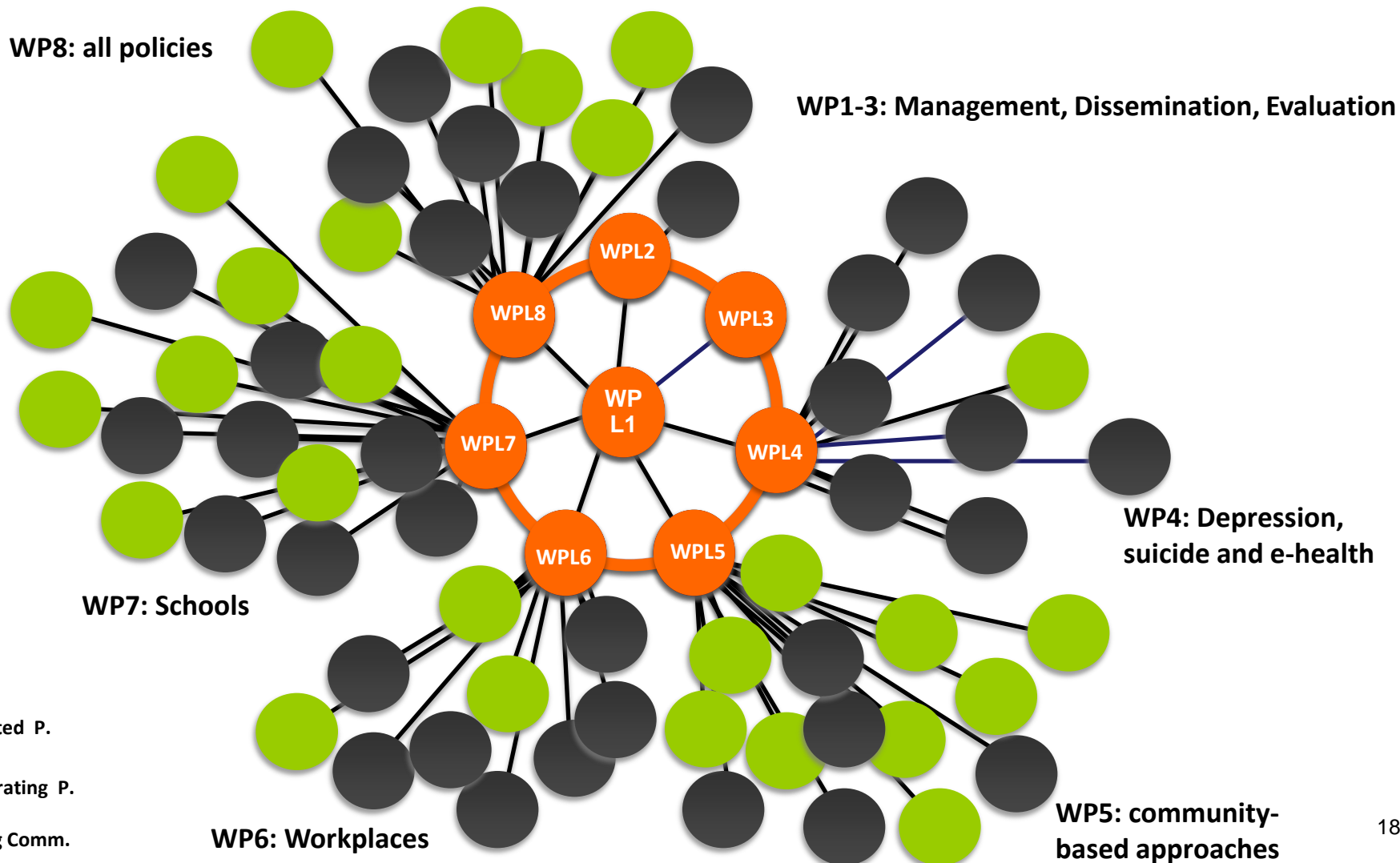
JA final conference

Core project reports

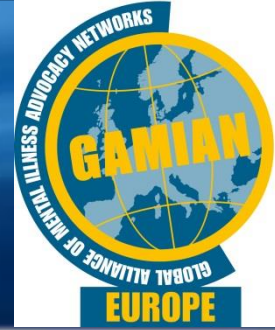
The JA Network



Consortium Management



Work Package 4 (WP4)



Joint Action on Mental Health and Well-being

WP4:

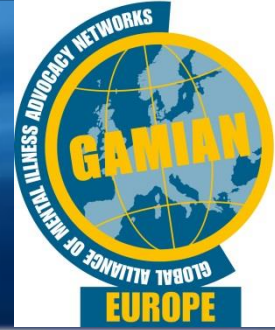
Depression, Suicide and E-health

György Purebl MD, PhD

Kick-off meeting

Budapest, 2013.04.17-18.

WP4 Partners



- Associated partners

- Hungary
- Netherland
- Bulgaria
- Denmark
- Estonia
- Germany
- Ireland
- Latvia
- Slovakia
- Sweden

- Collaborative partners

- EAAD
- Gamian
- Luxembourg

Recommendations for action #1

Building on outcomes of 2008 European Pact for Mental Health, and the new WHO Mental Health Strategy, **WP4 will propose recommendations for action for**

- addressing prevention of depression and suicide in **different target groups** (adolescent, young adults, middle age and older people),
- implementing **evidence-based** interventions including e-mental health and improving **sustainability** of good practices
- **tackling obstacles** and **seizing advantages** of different policy approaches in different policy environments
- **mediating impact of economic crises** on depression and suicide, focusing on most vulnerable groups

Recommendations for action #2

- promoting trans-national approaches to e-support for minority groups present in more European countries
- optimizing cooperation between professionals and civil society organizations
- integrating e-health interventions into the package of health services and clinical practice of health professionals
- taking further the outcomes of past and ongoing European projects (e.g. SEYLE, WESTAY, SUPREME, IMHPA, EMIP, EAAD, MONSUE, OSPI-Europe, MHPHands, PROSPECT, PREDI-NU, PROYOUTH)
- scaling up involvement of local and international networks, strengthening their cooperation and promoting their sustainability

WP4 Objectives

- Joint Action: Contribute to the promotion of mental health and well-being, prevention of mental disorders and improvement of care and social inclusion of people with mental disorders.
 - Evaluate progress made and share experience in the fields of mental health and well being in EU and MS
 - Developing a framework for action at EU and MS level to tackle mental health problems and challenges identified in the different mental health areas
 - Supporting the engagement and commitment of Member States and other stakeholders in effective action to develop mental health in Europe
 - Building capacity to develop mental health policies in Europe
 - Increasing the sustainability of mental health policy initiatives in Europe
 - Improving cross-sectoral cooperation

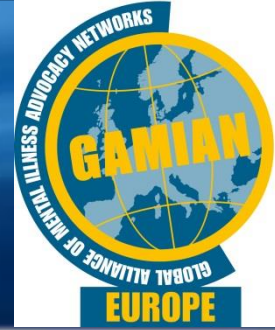
WP4 Deliverables

- **Report with situation analysis and recommendations** for action against depression/ suicide, including use of e-health.
 - This is a document with a analysis of current situation and recommendations on activities, including the use of e-health, to be developed by MS and EU agencies that may contribute to the implementation of policies against depression and suicide in Europe.
 - **Deadline: July 31, 2014**

WP4 Milestones

- Database of key stakeholders in the participating countries (31 July 2013)
- **Report on review of scientific evidence, best practices, and available resources (31 July 2014)**
 - Report with situation analysis and recommendations for action against depression/ suicide, including use of e-health.
- Recommendations for action (M22)
- Two workshops on evidence-based action against depression, including actions to prevent suicide. (M32)
- Final report of the WP (M36)

Work Package 5 (WP5)



Managing the evolution towards community-based and socially inclusive approaches in mental health

Prof. José Miguel Caldas de Almeida
NOVA Medical School - Portugal

WP5 Partners



Associated Partners	Collaborating Partners
<p>NOVA Medical School - Portugal</p> <p>Directorate-General for Health - Portugal</p> <p>Ministry of Health, Social Services, and Equality - Spain</p> <p>Azienda USL Bologna - Italy</p> <p>National Center of Public Health and Analyses - Bulgaria</p> <p>Semmelweis University Budapest - Hungary</p>	<p>Österreichische Bundesministerium für Gesundheit - Austria</p> <p>Ministère de la Santé - Luxembourg</p> <p>Ministry of Health - Cyprus</p> <p>MHE</p> <p>ENUSP</p> <p>EUFAMI</p> <p>ESN</p> <p>GAMIAN</p> <p>EUREGHA</p>

WP5 General Objective



To develop a commonly agreed framework for action to establish community-based and socially-inclusive approaches to mental health in Europe, identifying barriers, facilitating factors and good practices in the process of transition from institutional to community care in participating countries, and proposing collaborative actions that could be taken in Member States and at EU-level to overcome the main challenges identified in this process.

WP5 Objectives



- **Evaluate progress made** and share experience in the field of the evolution towards community-based and socially inclusive approaches in mental health in EU and MS
- **Develop a framework for action** at EU and MS level to tackle problems and challenges identified in this field
- **Support the engagement and commitment** of Member States and other stakeholders in effective action to develop the evolution towards community-based and socially inclusive approaches in mental health
- **Build capacity** to develop mental health policies in Europe
- **Increase the sustainability** of mental health policy initiatives in Europe
- **Improve cross-sectorial cooperation**

WP5 Deliverables



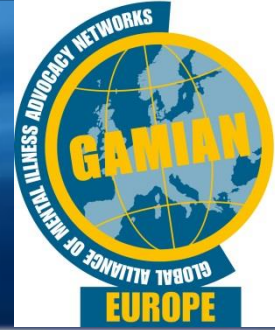
- Report with situation analysis
- Framework for action
- Capacity building workshops

WP5 Milestones



1. Report on the situation in participating countries **(month 12)**
2. Report on review of scientific evidence, best practices, and available resources **(month 12)**
3. Recommendations for action **(month 24)**
4. Workshop on community-based mental health care and socially inclusive approaches **(month 28)**
5. Capacity building workshop **(month 34)**

Work Package 6 (WP6)



Promotion of Mental Health at Workplaces

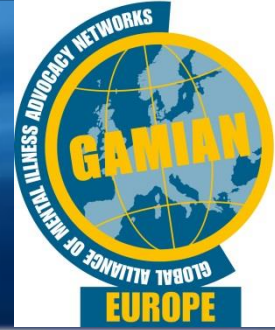
Dr. Gregor Breucker
BKK Federal Association, Essen,
Germany

WP6 General Objective



The main objective of this working package (WP6) is to develop an action framework to support enterprises in adopting policies and practices which prevent mental ill-health and strengthen positive mental health, based on improved co-operation and co-ordination among the relevant stakeholders in participating MS who have a role in this context.

WP6 Key Stakeholder Groups



In particular, the proposed action addresses 3 key stakeholder groups at national level:

- **governmental authorities** from both the health sector and the labour and social policy sector;
- **social security institutions** (such as national health services, social insurance institutions, occupational health and safety institutions);
- **social partner organisations.**

In addition key stakeholders at European level shall also be involved.

WP6 Key elements of the proposed action



WP6 will be organized in three steps:

1. Identifying the key challenges to a wider dissemination of policies and practices; policies and practices, which promote positive mental health and prevent mental ill-health at work from the perspectives of the 3 stakeholders groups (government, social partners and social security);
2. Organising an exchange of experience among the 3 stakeholder groups across the participating countries and developing recommendations to respond to the challenges identified in the first step;
3. Advocating the implementation of the specific action framework to relevant stakeholders at national and European levels

WP6 Deliverables



- ⇒ National SWOT-analysis reports and a synthesis report on cross-cutting challenges;
- ⇒ A specific action framework including a set of recommendations for follow-up measures and a documentation of selected best practice examples;
- ⇒ A position paper to be adopted at the concluding European symposium;
- ⇒ Increased interest and commitment of the national stakeholders to implement relevant recommendations of the action framework, in particular in relation to the health sector stakeholders