## 3rd Ed. UNESCO Chair Global Community Health Workshop: Mental Health

June 14 2023

World Mental Health: community engagement and mobilisation
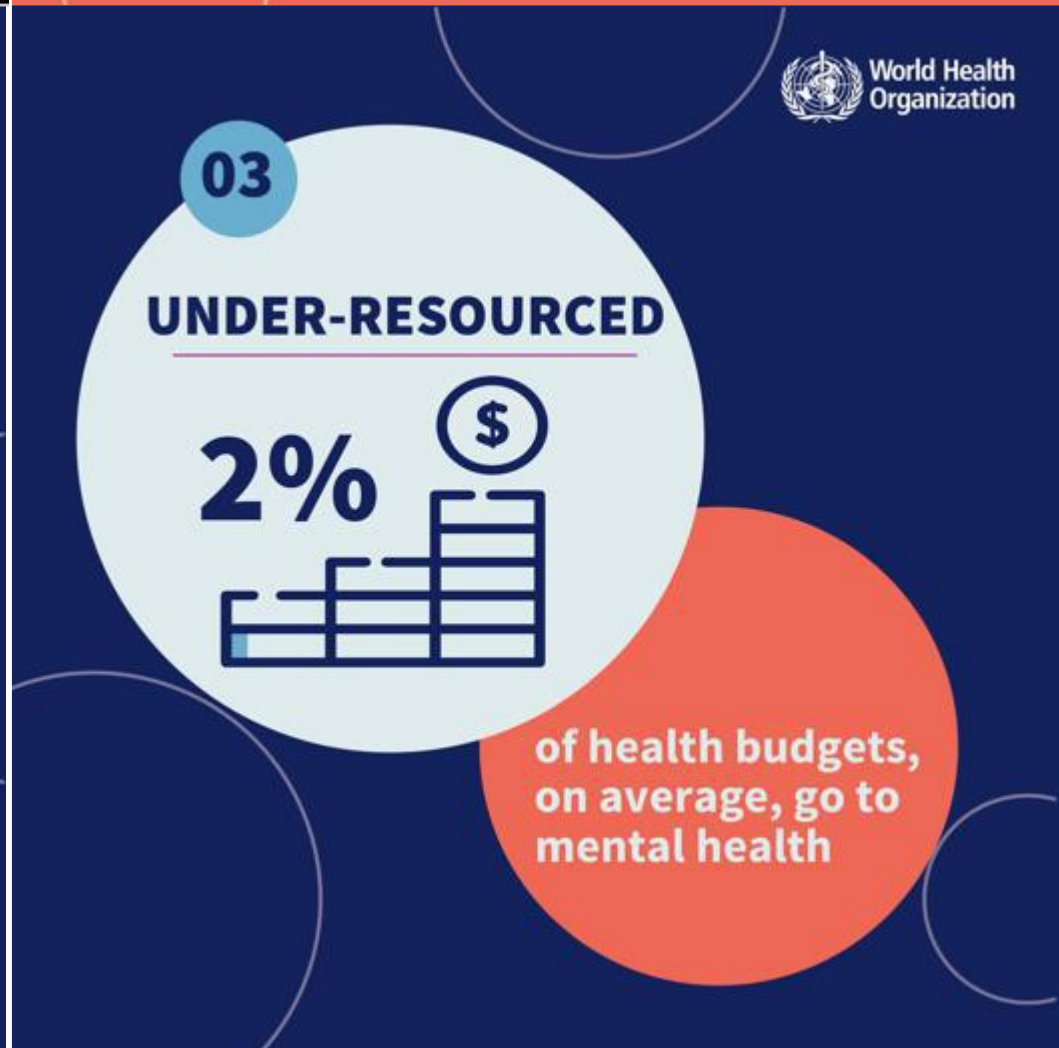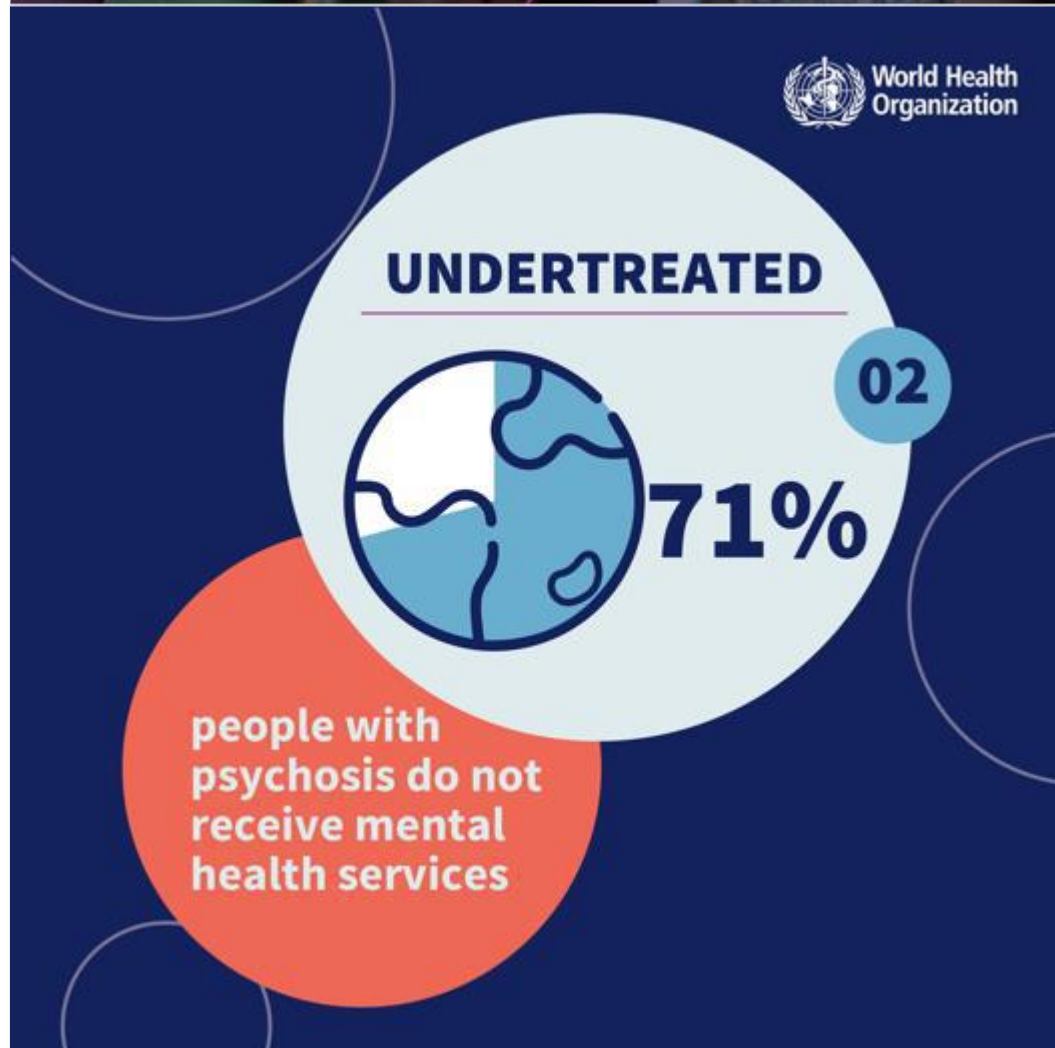
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President Pacific Rim College of Psychiatrists

World mental health report

Transforming mental health for all
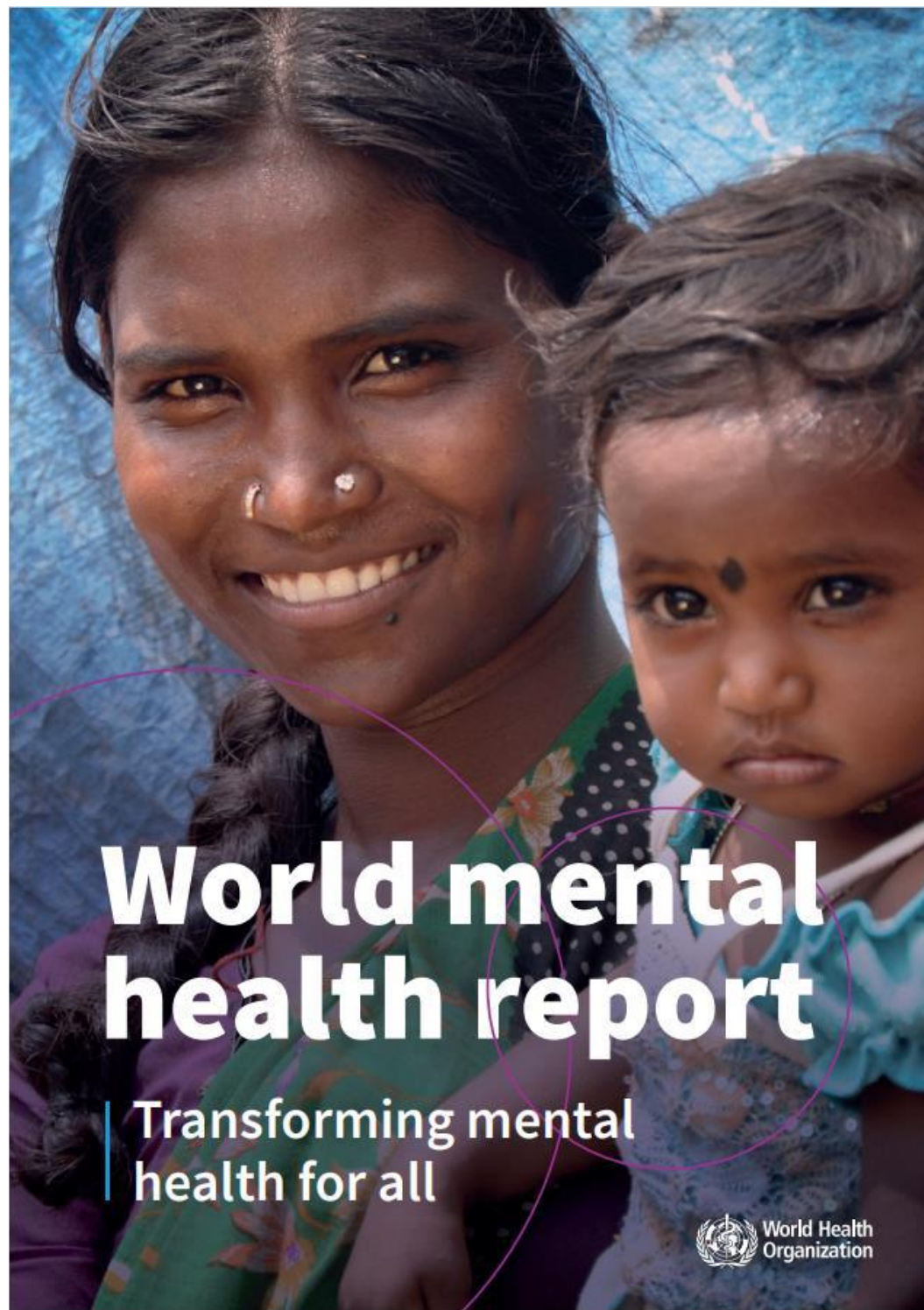
World Health Organization

Mental health conditions are widespread, undertreated and under-resourced

World Health Organization

01

WIDESPREAD

1 in 8 live with a mental health condition

World Health Organization

UNDERTREATED

71%

02

people with psychosis do not receive mental health services

World Health Organization

03

UNDER-RESOURCED

2%

of health budgets, on average, go to mental health
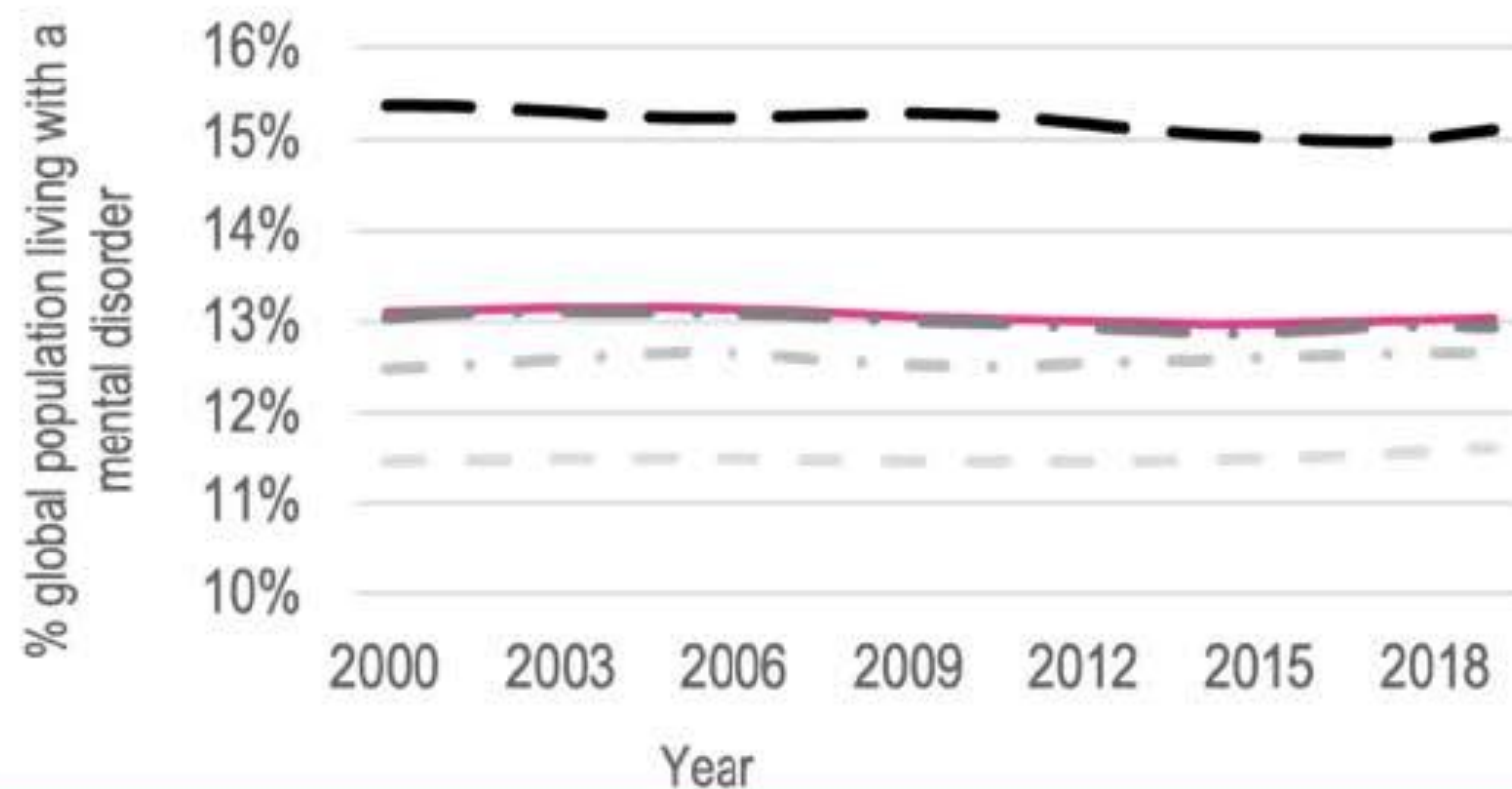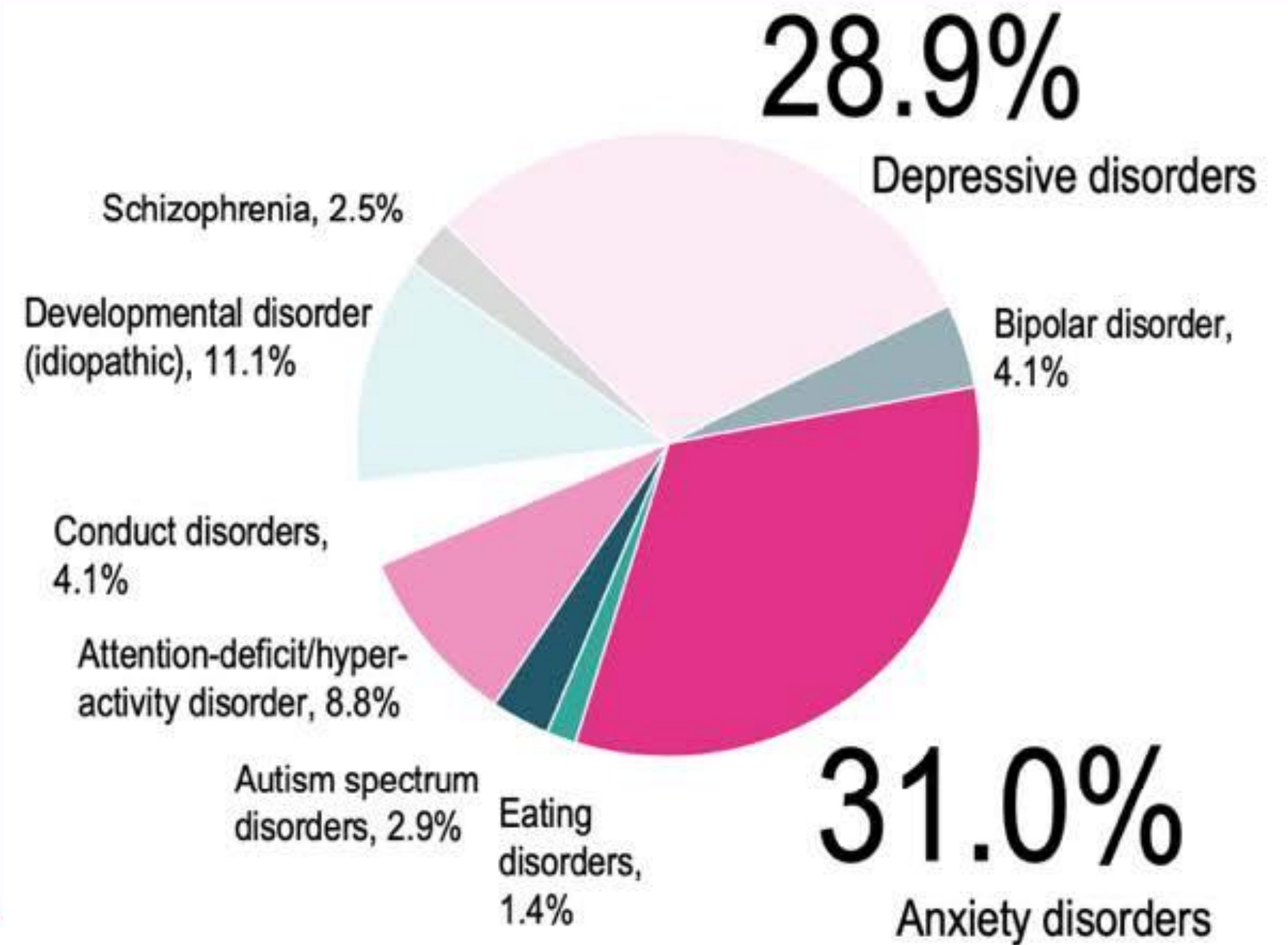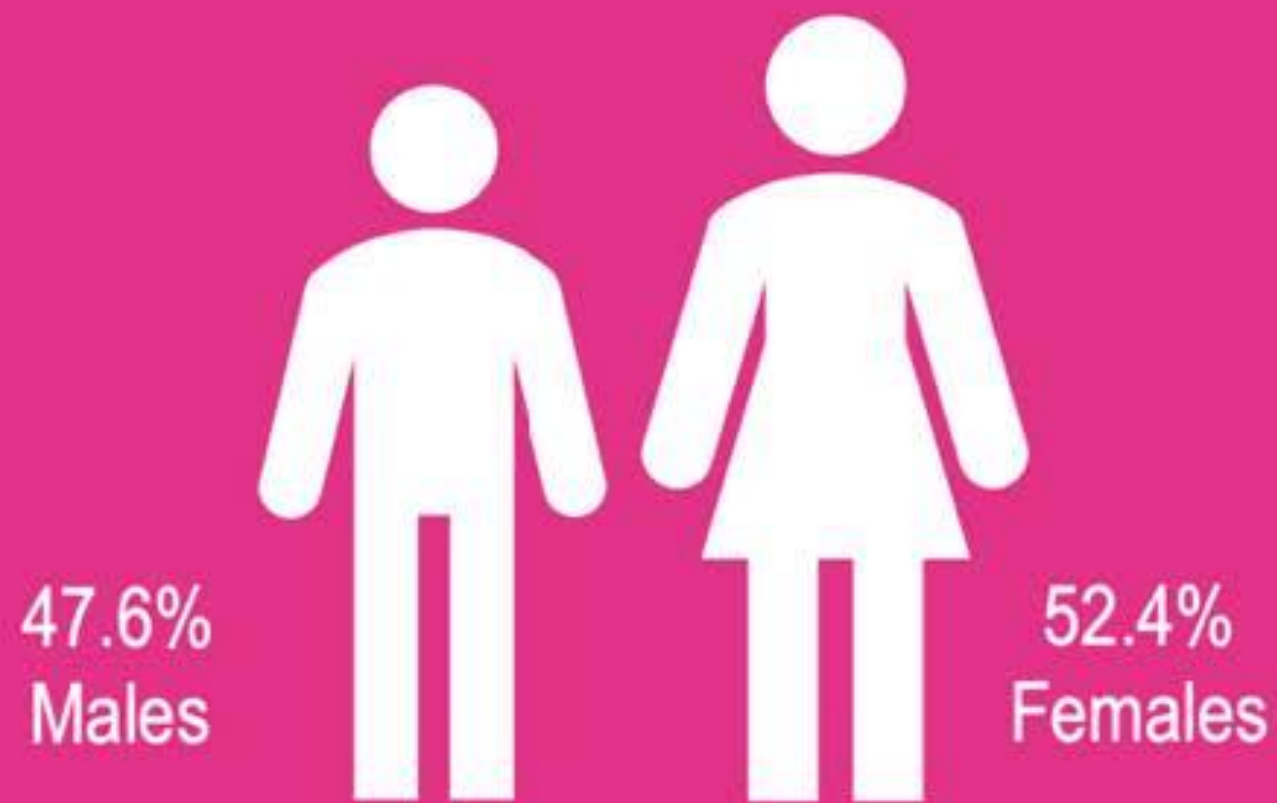
World Health Organization

Across the world, mental health needs are high but responses are insufficient and inadequate

World mental health report: transforming mental health for all. Geneva: WHO 2022.

Global prevalence of mental disorders (2019)

970 million

People with mental disorders

47.6% Males

52.4% Females

28.9% Depressive disorders

Schizophrenia, 2.5%

Developmental disorder (idiopathic), 11.1%

Bipolar disorder, 4.1%

Conduct disorders, 4.1%

Attention-deficit/hyper-activity disorder, 8.8%

Autism spectrum disorders, 2.9%

Eating disorders, 1.4%

31.0% Anxiety disorders

13% global population live with a mental disorder in 2019

% global population living with a mental disorder

16%
15%
14%
13%
12%
11%
10%

2000 2003 2006 2009 2012 2015 2018

Year

- High-income countries
- Upper middle-income countries
- Lower middle-income countries
- Low-income countries
- All countries

VISION

- **Mental health is valued, promoted and protected**
- **Everyone has an equal opportunity to thrive and to exercise their human rights**
- **Everyone can access the mental health care they need**
- **Give mental and physical health equal priority**

#Transforming
Mental Health
means strengthening
community-based care
for all in need

World Health
Organization

COORDINATION

TREATMENT

SOCIAL
INCLUSION

OVERNIGHT
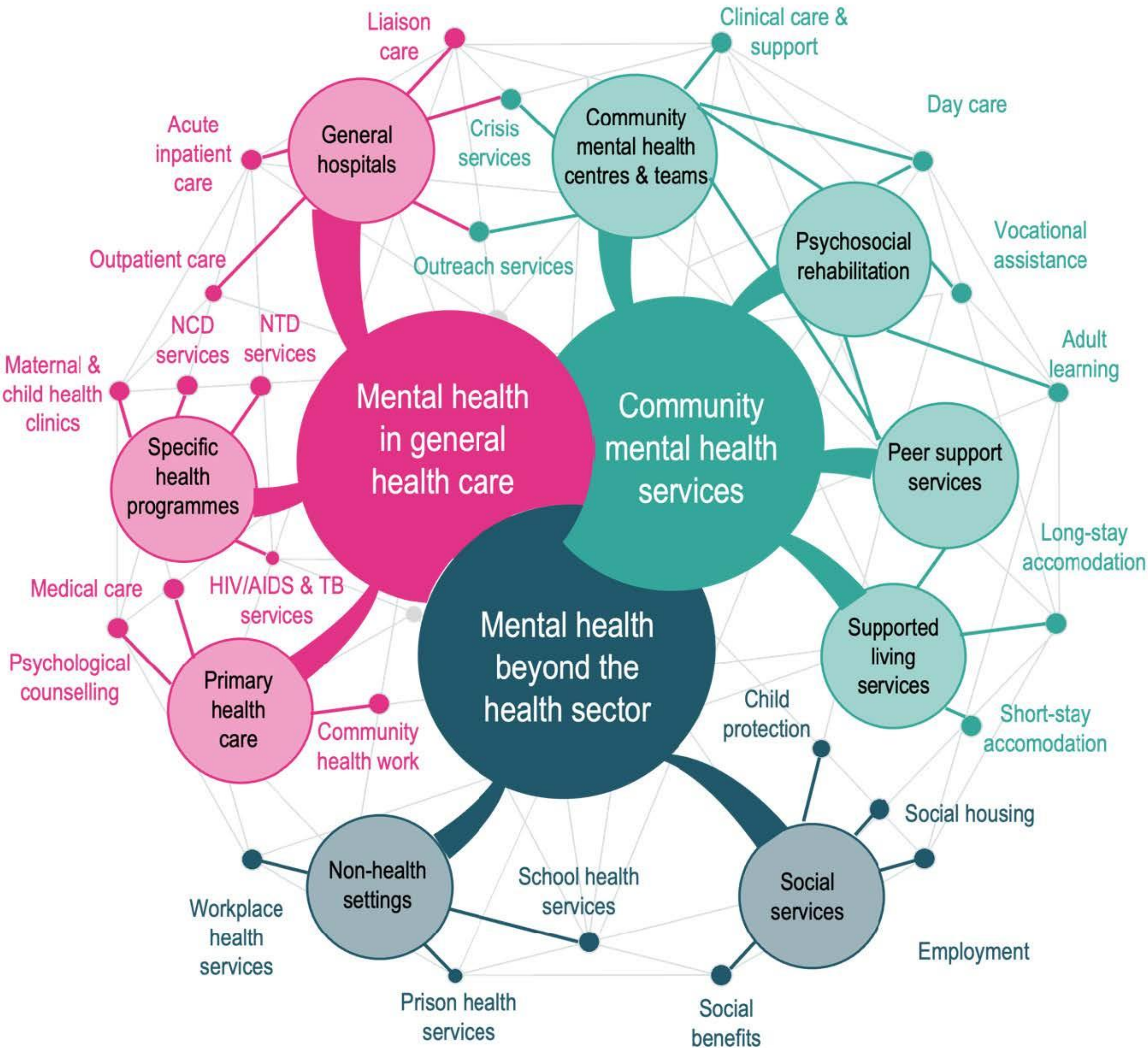CARE

SUPPORT
GROUPS

COMMUNITY
OUTREACH
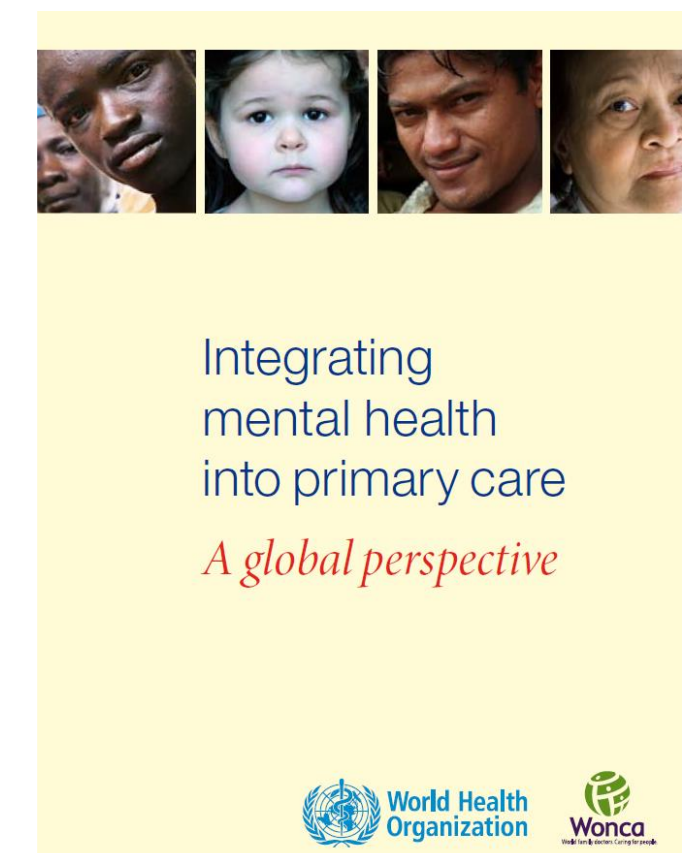
COMMUNITY
MENTAL HEALTH SERVICES

Community-based mental health care

- Importance of providing person-centred, human rights based and recovery-oriented care

- Comprises a network of interconnected services: community mental health services; mental health services integrated in general health care, non-health settings and social services.

- Social and informal supports delivered by community providers (such as peers, community volunteers and women's groups) complement formal services

- General hospitals, and community mental health centres or teams, often provide the cornerstone of community-based mental health care and help blend clinical services and support with psychosocial rehabilitation.

- Complementing health interventions with key social services, including child protection and access to education, employment and social benefits, is essential for better recovery goals and quality of life.

Community-based mental health care is a network of interconnected services

World mental health report: transforming mental health for all. Geneva: WHO 2022.

APEC Digital Hub and WONCA Collaborative Framework for Integrating Mental Health into Primary Care

Engage	- Engage public to recognize and seek help for mental health problems
	- Build on the strengths that already exist, including family doctors, community and social networks in supporting mental health
	- Utilize digital media and social media to engage the wider public. Create wellness apps and online resources for consumers
	- Engage organizations and economies to promote mental health and well-being
Enable	- Identify gaps to achieving mental health integration into primary care at the local level to inform targeted strategy development
	- Disseminate best practice models, successful tools and evidence-based resources to enable implementation and scale-up
	- Create an adaptable, flexible implementation framework that can be adopted and customized to work effectively in the local realities of APEC economies to experience success
	- Develop policies, support, funding, capacity building and curriculum development
	- Provide online materials that are accessible at no cost[39] and encourage telehealth technology and integrated platforms to assist clinicians and patients with clinical care
	- Enhance training on mental health for all healthcare staff, particularly family doctors and primary care workers. Training may be provided in online webinar formats for ease of accessibility
Empower	- Align with existing policies and resources to recognize the family doctor plays a key role in integrating mental health into primary care
	- Unite resources in one place, consider an online repository, to provide tools, such as current best practice and treatment guidelines, that can be used at the point of primary care to diagnose and treat mental health problems

Dowrick C, ..Ng CH, Thuraisingham C. J Multidiscip Healthc. 2020 Nov 25;13:1693-1704

Engaging and empowering people with lived experience

At different levels within the mental health system.

- Personal level: in one's own health care planning, assessment and management, eg shared decision-making, advanced planning, supported self-management

- Community level: in local service planning, delivery, monitoring and evaluation, advocacy, public awareness campaigns (to reduce stigma), and training for mental health staff and others.

- Strategic level: participation in shaping mental health policy, plans and laws, service monitoring and research.

Key goals for mental health systems
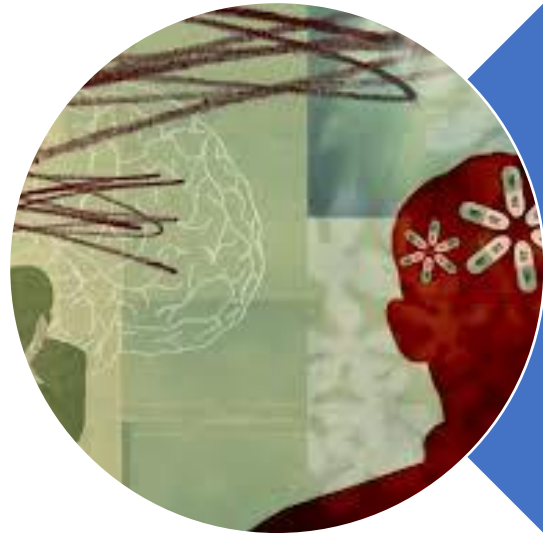
Recognise people with mental health problems as a vulnerable group

Integrate mental health issues into national health policies, plans, budgets, human resource development and disaster response

Protect the human rights of people with mental disorders through legislation and associated policies

Ng C. Mental Health: Towards Economic and Social Inclusion: A Report to the Commonwealth 2013

Key goals for mental health systems

Develop multi-sector partnerships across government departments, NGOs, community agencies and families to meet complex needs and focus on recovery approaches

Integrate mental health services into primary health care, and make effective and affordable treatments available

Adapt community mental health models to local cultural contexts and build targeted partnerships with informal carers

Ng C. Mental Health: Towards Economic and Social Inclusion: A Report to the Commonwealth 2013

Conclusions

- World Mental Health calls on all stakeholders across all sectors to work together to:

➢ deepen the value and commitment given to mental health;

➢ reshape the environments that influence mental health; and

➢ strengthen the systems that care for mental health.

- All stakeholders should advocate for the rights of people with mental health conditions and support their inclusion in the community.