

The Mental Health Promotion Debate: A Contribution from Europe

**Institute of Medicine
Committee on the Prevention of
Mental Disorders and Substance Abuse
Among Children, Adolescents and Young Adults**

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The European Perspective

- Clarifying the concept of 'mental health', and relation between Prevention and MH promotion
- Inform ► European Developments in this field
- Advantages of linking to health promotion approach
- Challenges for the next decade

A Story at different levels + from different perspectives

- Levels: local, national, European-wide
- Perspectives: Conceptual, Evidence, Strategic

Only underlined perspectives will be included in this presentation

Need for Clarifying concepts

- § Need to define 'mental health'
- § How is 'mental health' related to 'mental disorders' ?
- § Is prevention of mental disorders different from mental health promotion?

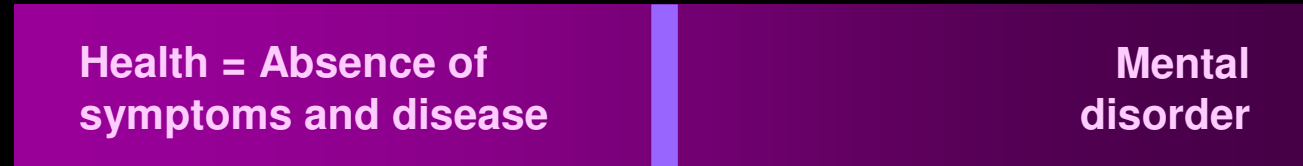
..... a long-standing debate



Mental Health

Models of Mental Health

Medical model (traditional)



Medical model (dimensional view)



Positive model



Functional model



What is Mental Health ?

Emotional intelligence

Positive affectivity

Positive self esteem

Feelings of mastery

Optimism

Vitality

Self management

Stress management

Problem solving

Creativity

Decision making

Literacy

Social competence

Social values & respect

A cluster of neurological, cognitive, emotional and social capacities that people need

to enhance their well-being

to develop themselves mentally and physically

to create satisfying and respectful social and intimate relationships

to work productively and fruitfully

to cope with the adversities and changes in life, and

to reduce risk of serious problems and illness

Definitions



- **Mental Health** (WHO, 2001)

“A state of well-being in which the individual realizes his or her 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 ill health** (EU Green Paper, 2006)

“Includes mental health problems and strain, impaired functioning associated with distress, symptoms, and diagnosable mental disorders, such as schizophrenia and depression”.

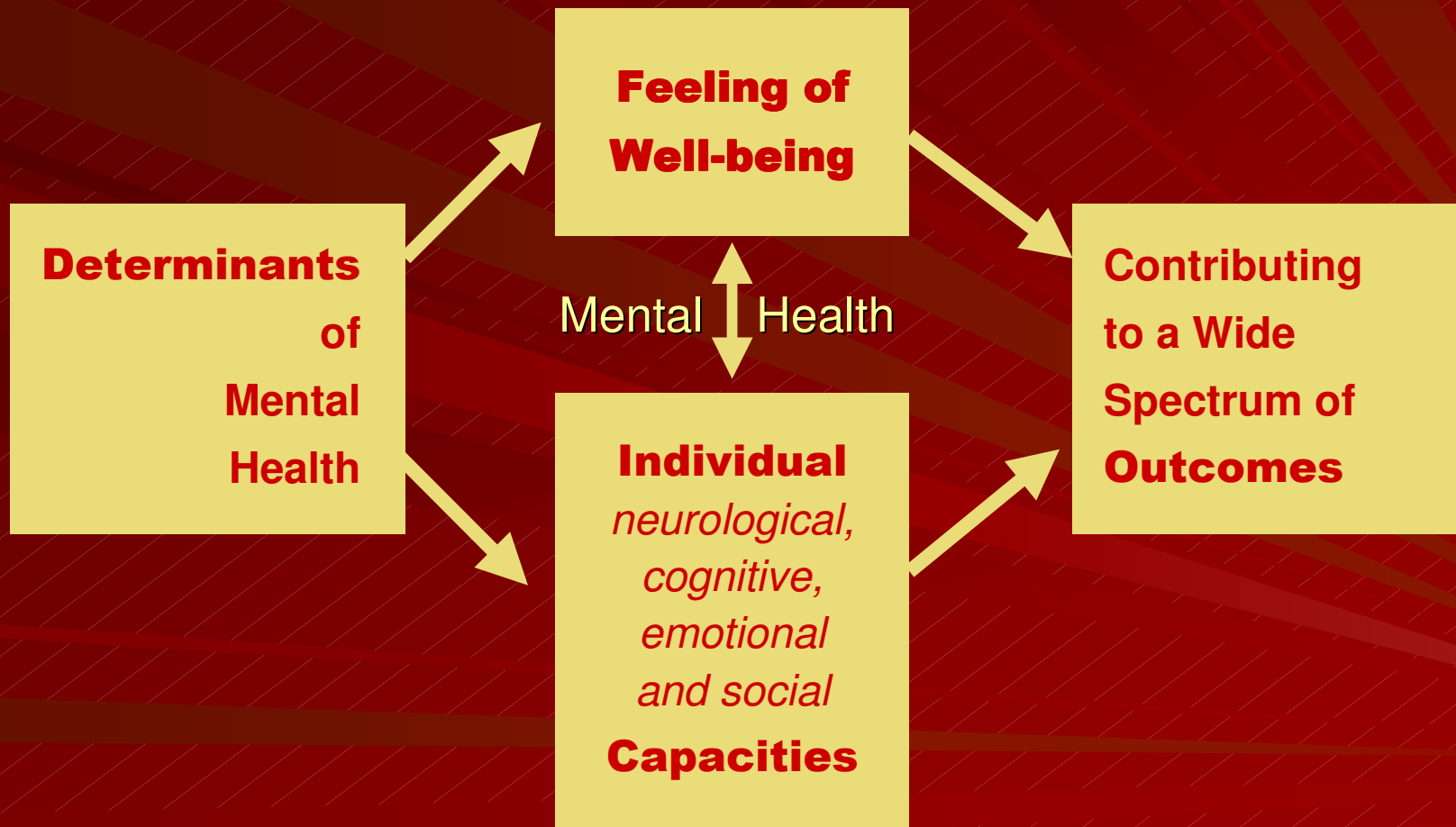
- **Mental disorders**

Disorders as defined in the DSM IV and ICD-10.

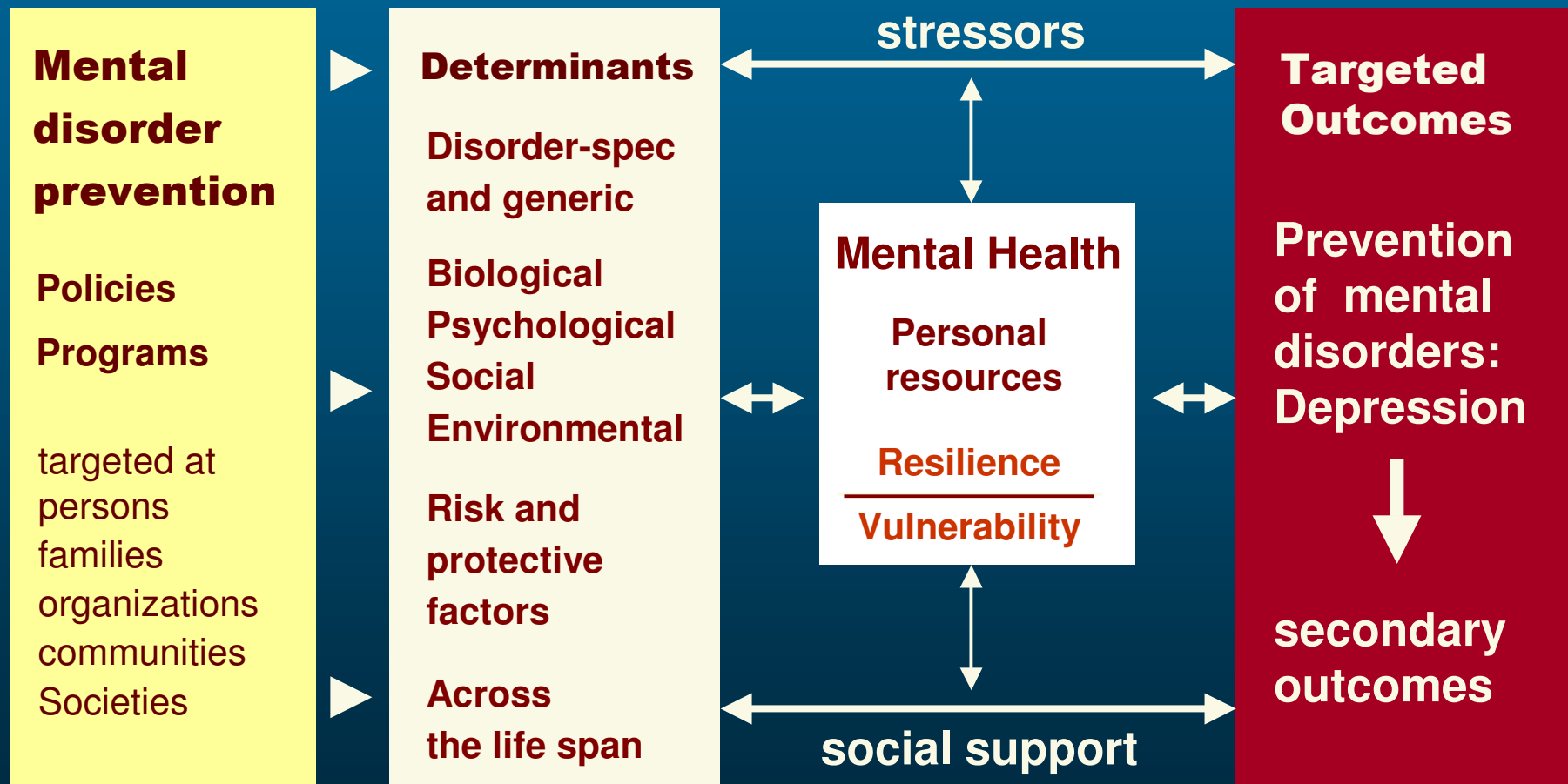
Note: Many of those disorders are defined in terms of lacking elements of mental health.

Need for a standardized comprehensive classification system of the outcomes of mental / behavioral disorder prevention and mental health promotion

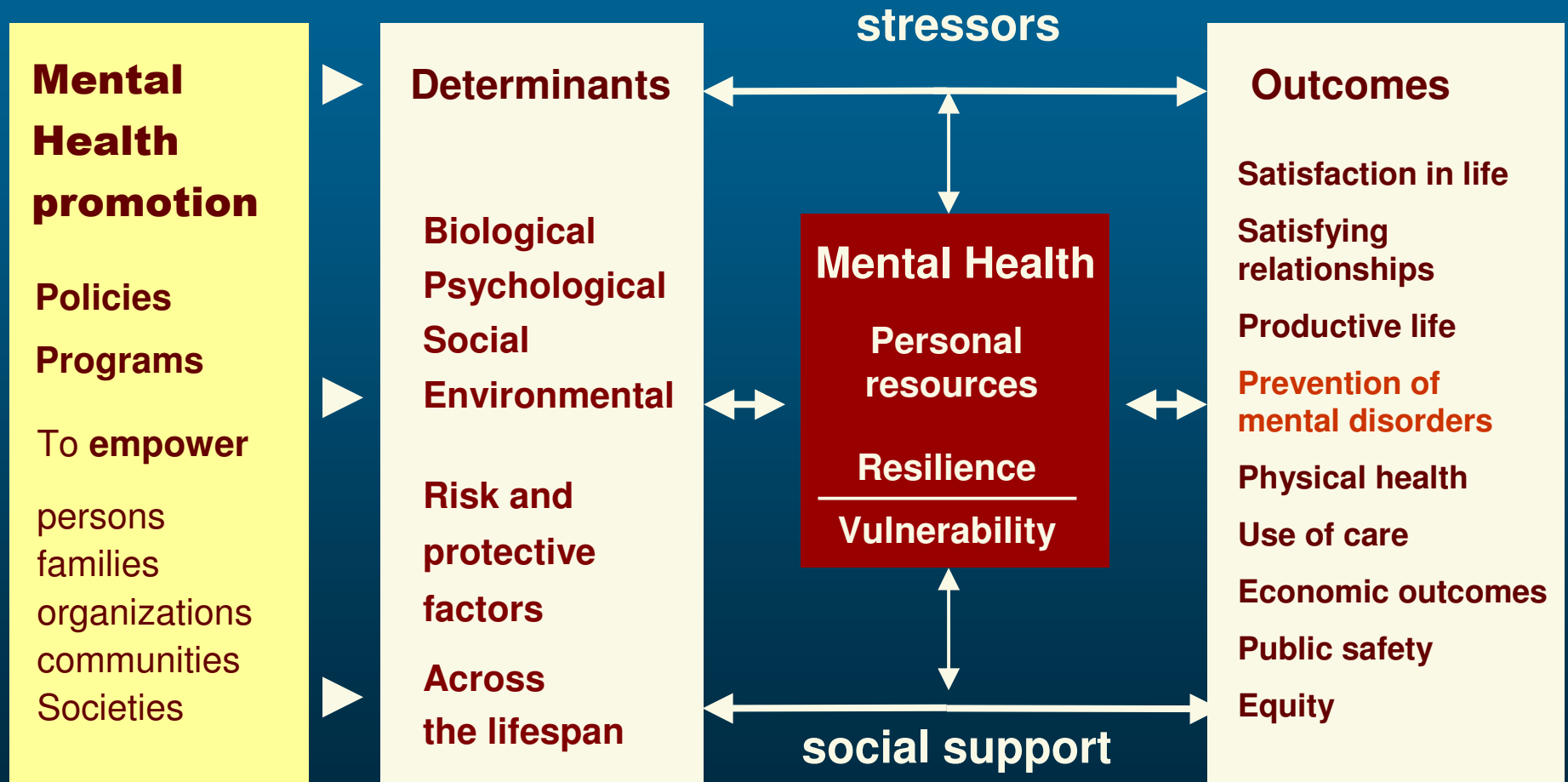
Determinants, Dimensions and Outcomes of Mental Health



Prevention Model of Mental Disorders



Mental Health Promotion Model

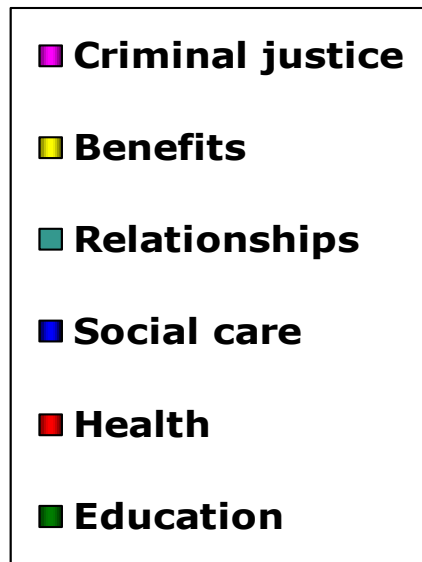


Widen the Spectrum of Studied Outcomes of Prevention and MH Promotion

- A too narrow focus at outcomes of both prevention and mental health promotion interventions results in an underestimation of the public value of such programmes
- Widening the spectrum of evidence-based outcomes is crucial for generating wide and intersectorial support for prevention and promotion in mental health
- This also requires the development of a set of valid indicators and measures for such outcomes

Costs in early adulthood from childhood conduct disorder

Costs (£) from ages 10 to 28



It shows that many public sectors have an interest in effective prevention and promotion

Different but functionally Related Fields of Public Health



Prevention Subdivided in three ways

- Primary, secondary and tertiary prevention
- Universal, selective and indicated prevention
- Disease-specific and broad-spectrum prevention

Prevention spectrum

Intervention types

Target populations



Primary prevention

Universal prevention

healthy population

Selective prevention

populations at high risk

Indicated prevention

high risk persons + beginning symptoms

Secondary prevention

Early detection/treatment

persons with a diagnosable disorder

Tertiary prevention

Recurrence prevention

former mental patients

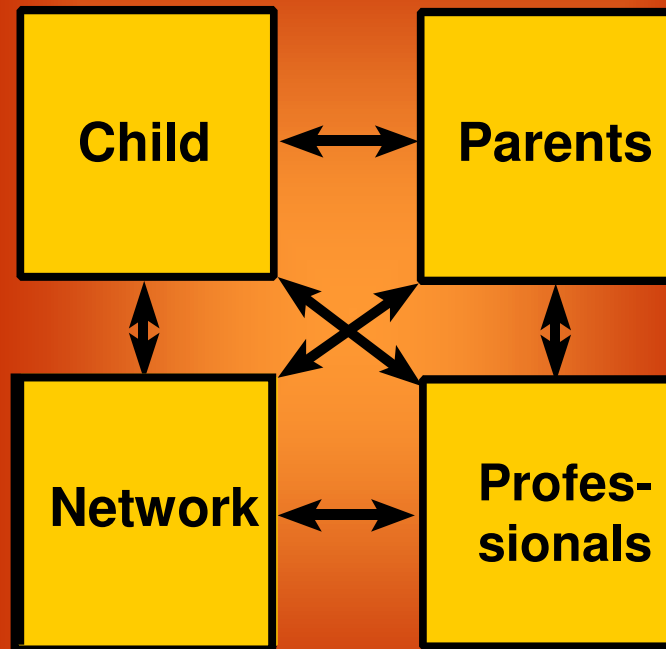
Improving quality of life

chronic patients

Play-talk groups
Information
Support groups
Brochures and video's
Early treatment
Foster homes
Buddy system

Additional support persons
Family organizations
School mental health education
Mass media approach

Internet KOPPstoring (E-health)



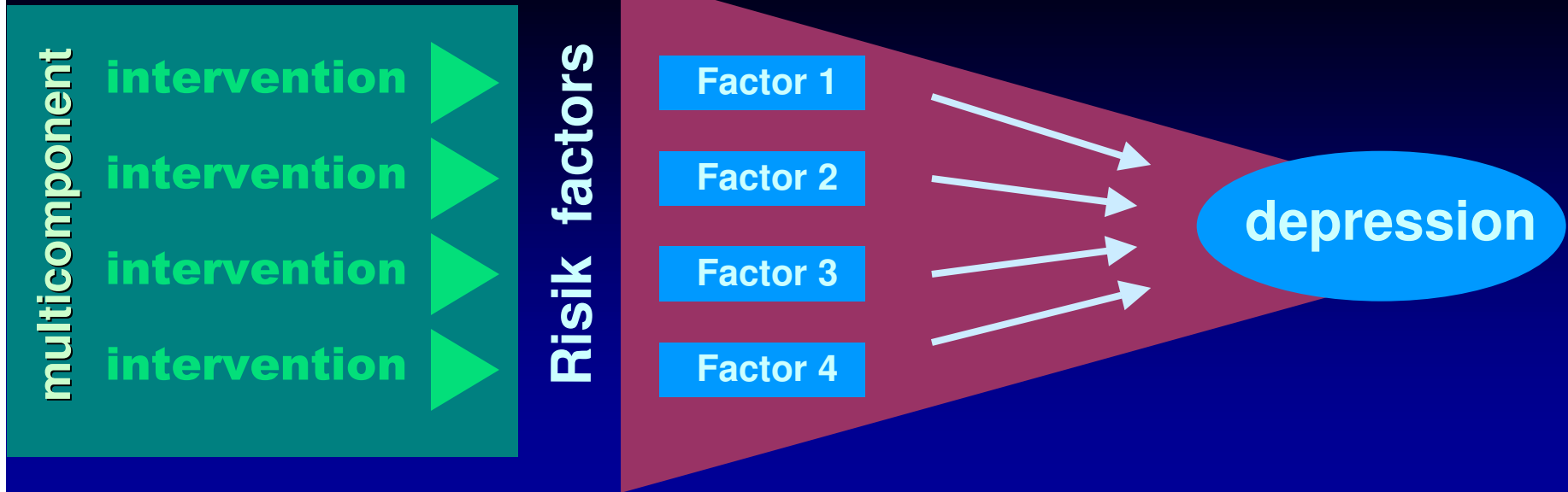
Community

Policy, Advocacy, Budgeting

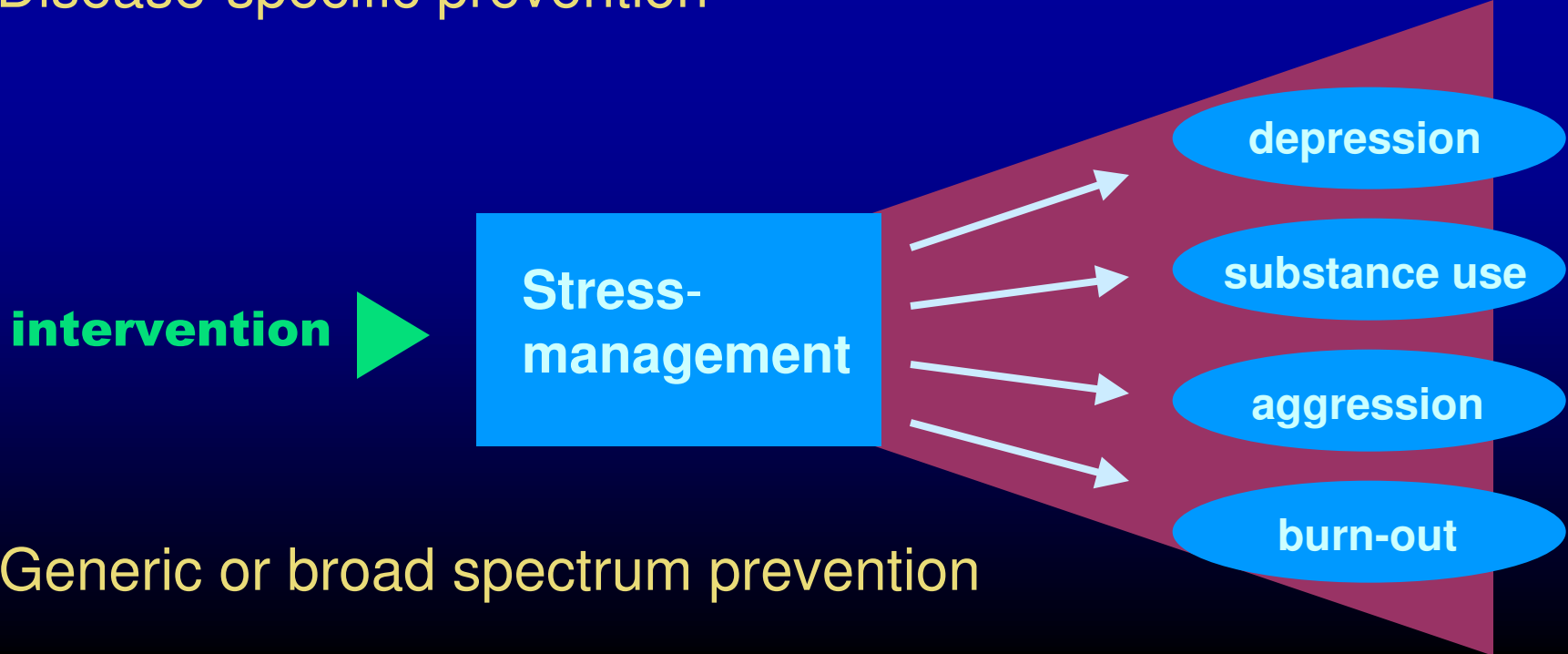
Early treatment
Mother-Baby intervention
Parent training
Psycho-educ family program
Support Groups
Brochures/Videos

Postgraduate training
Education
Screening
Protocol&training
Case-management
Consultation
Conferences

Comprehensive Multi-component approach in prevention for children of mentally ill parents in The Netherlands



Disease-specific prevention



Generic or broad spectrum prevention

Prevention of Disorders Matrix

	Single mental disorder	Multiple mental disorders
Primary Prevention Universal prevention Selective prevention Indicated prevention		
Secondary prevention		

Prevention is targeted at one or multiple defined disorders

European Developments



Prevention and Promotion in Mental Health

Differentiate between Universal Prevention and Mental Health Promotion?

- The problem is not so much the lack of clarity about 'mental health promotion', but the loose use of the term '(primary) prevention' and poorly defined concept of 'Universal prevention'
- Especially in the US, 'primary prevention' has always been used to refer to both disease prevention and mental health promotion. *e.g. Price et al. (1987) '14 Ounces of Prevention'*.
- Europe: more strict use of prevention as 'disease prevention', and a tendency to use health promotion as overarching concept
- Universal prevention ► generic risk and protective factors, but evidence for generic reduction on multiple disorders is small, but in the end a crucial condition for using the term 'prevention'.
- More restrictive use of term 'universal prevention' needed in favour of 'mental health promotion' or use both terms combined (common in EU)

Mental Health Promotion

European-wide Trends and Activities

- Linking mental health promotion with mental disorder prevention
- Linking mental health promotion with health promotion; coalition with health promotion agencies: IUHPE and WHO
- Advocacy: Addressing national and international governments (EU, European Commission, WHO) and influencing their policies.
- European-wide projects to support countries in: Policy making, Capacity building & Training, Information systems, Implementation & Problem-solving oriented; No primary research
- Large differences between European Countries in progress, infrastructure, resources and manpower, research.

Three European-wide Projects

- **IMHPA: European Network on Mental Health Promotion and Mental Disorder Prevention**
 - **Participants:** Policy-makers and experts of 27 countries and 4 European networks meet twice a year
 - **Aim:** Integrating mental health promotion interventions into EU and countries' policies, practice and (mental) health care system
 - **Actions:** Country-based Coalitions, Training of Professionals, Guidelines for Policy making, Country Stories, European Database on Evidence-based Programs, EU Conferences

- **MINDFUL:** MH Indicators & Determinants, Training Monitoring and Information Systems, Quality Indicators

- **DATAPREV:** Expanding Database of Evidence-based Programs, Economic Evaluation Network (MHEEN)

The Evidence of Health Promotion Effectiveness

Shaping Public Health in a New Europe

A Report for the European Commission by the International Union for Health Promotion and Education

Prevention of Mental Disorders

EFFECTIVE INTERVENTIONS AND POLICY OPTIONS

SUMMARY

A Report of the World Health Organization on the Prevention of Mental Disorders

Promoting Mental Health

CONCEPTS ■ EMERGING EVIDENCE ■ PRACTICE

SUMMARY REPORT



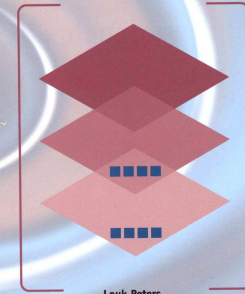
Mental health promotion and mental disorder prevention in European Member States: a collection of country stories



Green Paper

Improving the mental health of Europeans
Towards a strategy on mental health in the European Union

Health Promotion Effect Management Instrument Preffi 2.0 Explanatory Guide



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Leontien Hammels
Nachteld Ploeg
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Eva Jané-Llopis

Promotion Education

Health Santé Salud

The evidence of mental health promotion effectiveness: strategies for...

IMHPA Data

Mental Health Promotion
Mental Disorder Prevention
Programmes

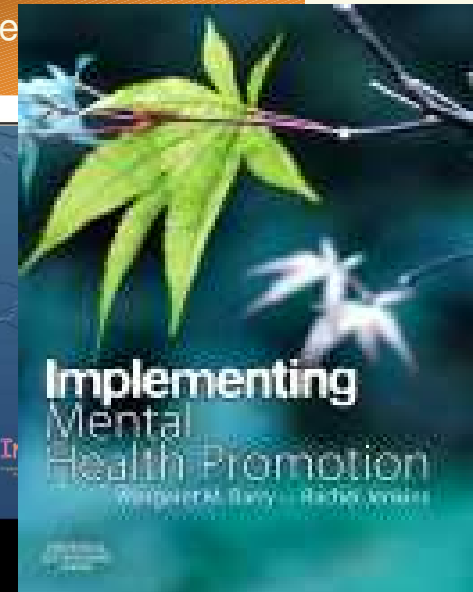
Second announcement

WHO European Ministerial Conference on Mental Health

Facing the Challenges, Building Solutions

Helsinki, Finland 12-15 January 2005

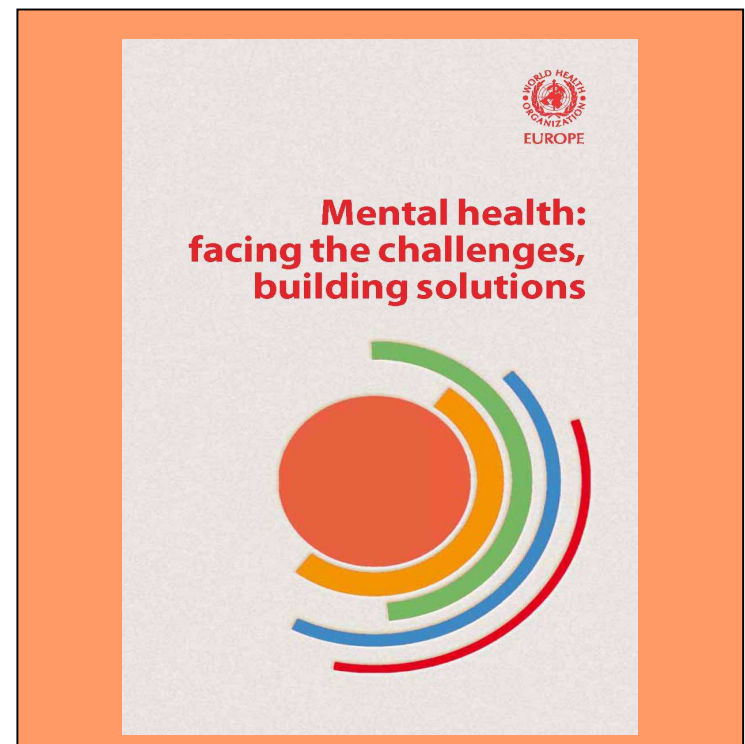
IMHPA and MINDFUL
Training Modules
Training Needs



Mental Health on the Political Agenda

WHO European Ministerial Conference on Mental Health (Helsinki, January 2005)

31 Ministers of Health
51 European Countries
signed the Declaration and
Action Plan



From the Declaration of the European Ministers

WHO European Ministerial Conference on Mental Health (2005)

"We, the Ministers of Health of Member States in the European Region of the World Health Organization (WHO), acknowledge that mental health and mental well-being are fundamental to the quality of life and productivity of individuals, families, communities and nations, enabling people to experience life as meaningful and to be creative and active citizens.

We believe that the primary aim of mental health activity is to enhance people's well-being and functioning by focusing on their strengths and resources, reinforcing resilience and enhancing protective external factors.

We recognize that the promotion of mental health and the prevention, treatment, care and rehabilitation of mental health problems are a priority for WHO and its Member States, the European Union (EU) and the Council of Europe."

The WHO Declaration for Mental Health, calls for:



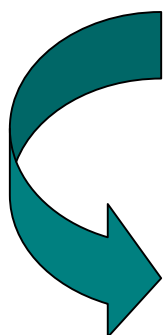
1. Promote mental health across the lifespan
2. Prevent mental disorders
3. Interventions for vulnerable groups
4. Stigma and discrimination
5. Primary Care
6. Care in the community
7. Centrality of mental health
8. Partnerships
9. Develop a comp
10. Population health
11. Research and e
12. Funding

**Core message:
More balance needed
between treatment
and prevention / promotion**

EC GREEN PAPER on MENTAL HEALTH

25 EU Member States

- ⌘ Promotion of mental health
- ⌘ Prevention of mental disorders
- ⌘ Social inclusion - human rights
- ⌘ Information and knowledge



EU STRATEGY on Mental Health

Available: <http://ec.europa.eu/health>

Health Promotion Framework

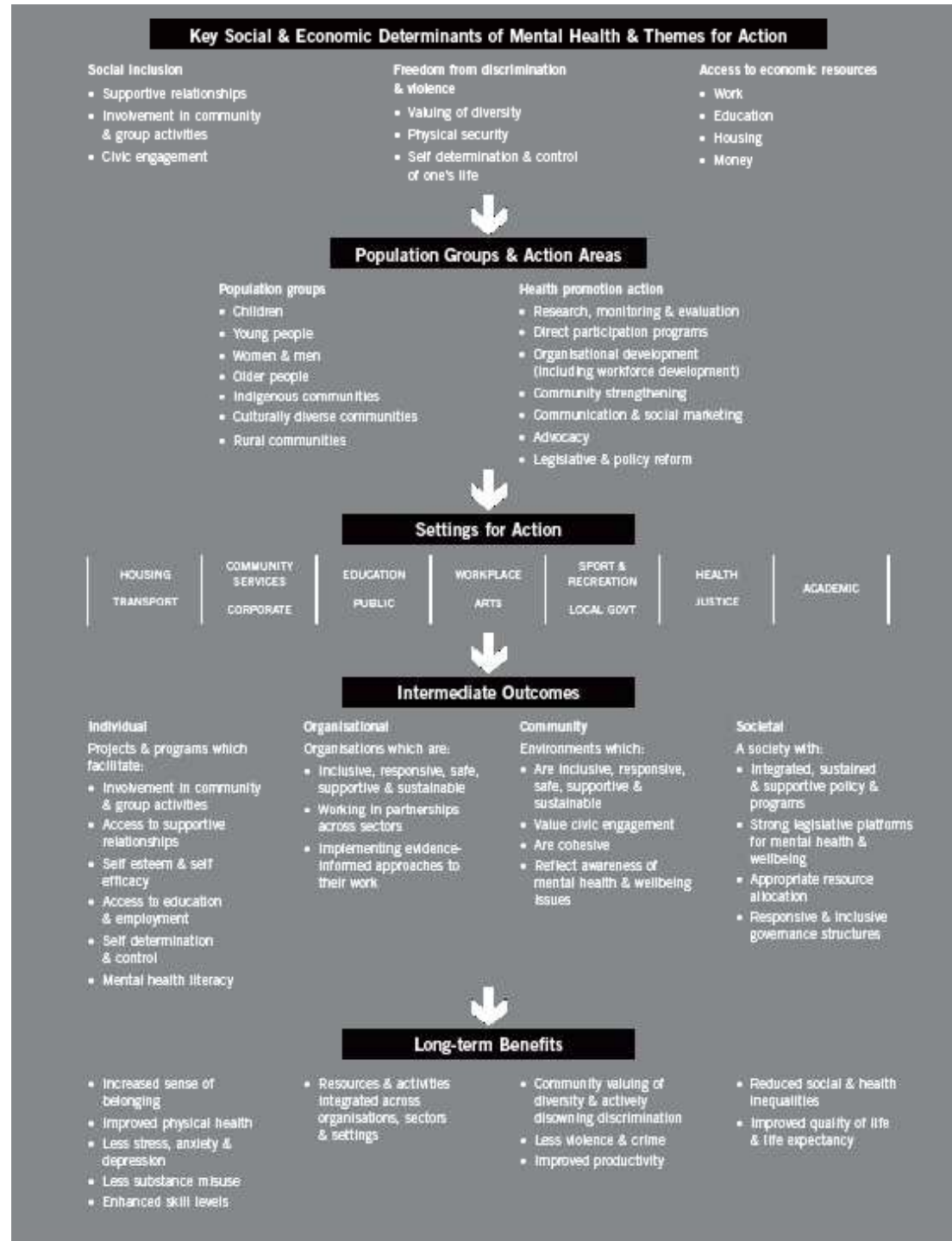
- Health promotion is the process of enabling people to exert control over the determinants of health and thereby improve their health (Ottawa Charter for Health Promotion, 1986).
- Embraces the concept of empowerment of persons, organizations and communities
- Broadened the concept of health and addressing the full range of potentially modifiable determinants, including the social, economic and physical context in which (ill-)health is produced.
- Included broader social and political strategies, in addition to influencing life styles.
- Uses an intersectorial approach and interventions across a multiple settings inside and mainly outside the health system.



Mental Health Promotion Framework 2005 – 2007

VicHealth Australia

One of the best developed examples of MHP policy



VicHealth's objectives in mental health promotion

- Improve the evidence base for promoting mental health and wellbeing.
- Develop the skills, resources, policies and practices that will sustain mental health promotion in selected sectors.
- Consolidate state, national and international collaborations to improve mental health promotion policy and practice.
- Broaden community understanding of the social and economic influences on mental health and wellbeing.

Multiple stakeholders/parties/initiators in Prevention & Promotion

Ministries of Health, Justice, Education et al.

Universities
research

National Institutes
PH, Care, Wellbeing

Professional
associations

Health
insurance

NGO's

Public Health Services
Public health experts
Health promoters
School doctors

Primary Health Care
General Practitioners
Paediatricians
Social work
Nurses

Mental Health Care
Psychiatrists (child, adult)
Psychologists
Psychiatric nurses
Social work

Schools

Employers

Local Government

Justice

Leisure / sport

Community leaders

Citizens / Patients

Social networks

Linking with Health Promotion

Strengths and Opportunities

- ▶ **Positive approach** (Benefits, Motivation)
- ▶ **Empowerment approach** (sustainability, efficiency)
- ▶ **Multilevel approach** (more comprehensive)
- ▶ **Targeting also social & environmental determinants** (expanding impact)
- ▶ **Addressing clusters: Mental, Physical and Social problems** (outcome)
- ▶ **Wider spectrum of outcomes** (wider coalition, community support, investment)
- ▶ **Better perspective at powerful coalitions** (expanding impact, support)
- ▶ **More embedded in governmental policies** (sustainability, reach)
- ▶ **Invests in creating structural conditions for implementation**

Mental Health Promotion is narrowly related to Human Rights

1. Human Rights include the right to mental health, and to be refrained from social conditions that have damaging effects on mental health and contribute to onset of mental disorders
2. Human Rights refer to major evidence-based social determinants of mental health and mental disorders. These factors fit in current trends in health promotion strategies.
e.g. poverty, exposure to war-related or domestic violence, sexual abuse and rape, physical and emotional abuse and neglect, poor access to education and health services, discrimination, unemployment
3. Populations exposed to human right violations are also populations at evidence-based risk of mental disorders and poor mental health. MHP and HR share common targets.
4. Effective prevention and promotion policies and programs may contribute to less violations of Human Rights

Human Rights Treaties

- Universal Declaration of Human Rights (1948)
European Convention (1950), American Convention (1978) and African Charter (1982)
- International Covenant on Economic, Social and Cultural Rights (1966)
- International Covenant on Civil and Political Rights (1966)
- Convention on the Eliminations of All Forms of Discrimination against Women (1979)
- Convention on the Rights of The Child (1989)
- Convention Related to the Status of Refugees (1950)

Linking Mental Health Promotion to Human Rights: What Could Be The Advantage?

- Could strengthen advocacy and agenda setting for promotion and prevention in mental health
- Additional legitimation for public and private investments in promotion and prevention for mental health
- Protection against violations of human rights and tackling social risk factors is a responsibility of governments
- Offers opportunities for coalition building, and joined actions with other public sectors and Human Rights initiatives, and for increased social impact.

Key Challenges for Next Decade

- 1 Widen the Spectrum of Outcomes by Combining Prevention and Mental Health Promotion Approaches
- 2 Develop a standardized system of outcomes and indicators
- 3 Increase Reach and Impact in Society
e.g. internet, public policies, legislation, dissemination
- 4 Address and Understand Clusters of Related Problems and Develop a Coalition with Health Promotion
- 5 Study Impact of Social Determinants on Individual Risk and Protective factors (life span) and Opportunities for Change
e.g. relate with social policies, human rights
- 6 Mental Health Monitoring & MH Impact Assessment
- 7 Economic Evaluation of Mental Health, Prevention, Promotion
- 8 Building Local & State Infrastructures for Implementation

Thank You !

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