SYMPOSIUM

International Perspectives on Promoting Population Mental Health and Wellbeing as a Critical Strategy for Sustainable Health Development

IUHPE Health Promotion World Conference
Rotorua, April 8th 2019

Presenters: Margaret M. Barry, Pascale Mantoura and Janet Fanslow

Promoting Population Mental Health: A Critical Strategy for Sustainable Health Development

- The UN Social Development Goals (SDGs) place mental health at the centre of the global development agenda

  mental health is included explicitly as an integral component of the global development agenda

- **Goal 3** is to "Ensure healthy lives and promote well-being for all at all ages"

- Target 3.4 "By 2030, reduce by one third premature mortality from non-communicable disease (NCDs) through prevention and treatment and **promote mental health and wellbeing**"

Sustainable Development Goals (UN, 2015)

"to ensure that all human beings can fulfill their potential in dignity and equality in a healthy environment"

- Many of the other SDGs also have implications for mental health

  - goals related to poverty reduction
  - quality education
  - gender equality
  - economic development
  - reducing social inequities
  - healthy environments addressing climate change

➢ ***all contribute to mental health promotion as these are key determinants of population mental health***

Sustainable Development Goals (UN, 2015)

"to ensure that all human beings can fulfill their potential in dignity and equality in a healthy environment"

- Population mental health is a critical component of sustainable development
- Improving population mental health will lead to a broad range of health, education, socio-economic and development outcomes
- Mental health is a positive resource for living that requires whole-of-government and whole-of-society approaches
- Upstream policies and practices are needed to ensure that the conditions that create good mental health and reduce inequities are accessible to all

Sustainable Development Goals (UN, 2015)

- Shanghai Declaration on Promoting Health in the 2030 Agenda for Sustainable Development
  - health and wellbeing are essential to achieving sustainable development
  - reaffirms health as a universal right, an essential resource for everyday living, a shared goal, and a political priority for all countries

- Lancet Commission on global mental health and sustainable development (Patel et al., 2018)
  - reframing the global mental health agenda within the sustainable development framework
  - focus on the improvement of mental health for whole populations - recognition that mental health is global public good and is relevant to sustainable development globally

Promoting Population Mental Health and Wellbeing

Aim of Symposium:

- Consider what capacity needs to be developed to ensure that mental health promotion can be more fully integrated into mainstream health promotion and sustainable development strategies

- Critically consider what implementation structures, workforce skills and capacities are needed in promoting population mental health and wellbeing

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'*An Integrated Approach to Population Mental Health Promotion: Bridging the implementation gap for effective intersectoral action*'

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Progress in Promoting Population Mental Health

- Significant advances over the last 100 years
  - Last century - shift from hospital-based to community-based services - biopsychosocial model with improvements in treatment and recovery approaches
  - This century - shift towards mental health promotion and prevention
  - Mental health on the global health and policy agenda - WHO Mental Health Global Action Plan (2013 - 2020); UN Social Development Goals (SDGs)

- Significant challenges remain
  - Mental health remains on the margins of the population health agenda
  - Mental health policies and services are poorly developed in many countries
  - Lack of focus and investment in population mental health promotion and prevention - comprehensive approaches are far from universally developed

Adopting a Health Promotion Approach

'there is no health without mental health'

- Treatment approaches on their own are not sufficient to improve population mental health (WHO, 2002; 2004; 2013)
  - need a comprehensive public health approach embracing promotion and prevention alongside treatment and recovery
  - heart health-> addressing the 'causes of the causes' - prevention and promotion alongside improved and more accessible treatment and recovery

- Paradigm change in thinking about mental health
  - Broader understanding of mental health - positive mental health and wellbeing
  - Mental health is an integral part of health - interrelationship between physical and mental health
  - Strategies for creating the greatest mental health gain for the greatest number of people – promote, protect and restore mental health
  - Focus on the health potential of people and their everyday settings for living – address the social determinants of mental health and reduce inequities

➢ ***reframing the challenge of improving mental health***

Policy Frameworks

WHO Mental Health Action Plan 2013-2020

"The essential role of mental health in achieving health for all"

- comprehensive strategies for promotion, prevention, treatment and recovery in a **whole-of-government** approach
- to protect and promote the **mental wellbeing** of all citizens
- responsibility extends across **all sectors** and all government departments

➢ ***mainstreaming mental health into public health, poverty reduction, economic development and social policies***

Addressing the Social Determinants of Mental Health

"Mental health and many common mental disorders are shaped to a great extent by the social, economic, and physical environments in which people live"
(WHO & Calouste Gulbenkian Foundation, 2014 report on the *Social Determinants of Mental Health*)

- calls for actions to improve the conditions of daily life
- whole of government and whole of society approach – comprehensive and universal actions across the life course, multiple sectors and levels

➢ ***policy making at all levels of governance and across sectors can make a positive difference to mental health outcomes***

Addressing the Social Determinants of Mental Health

- Strengthen individuals and families
  - promote social and emotional skills, resilience, coping
- Strengthen communities - social support, sense of connectedness and inclusion, social participation, citizenship
  - civil society engagement
- Reorient health services to mental health promotion and prevention as well as treatment and rehabilitation
  - mainstreaming universal interventions
- Remove structural barriers to mental health at a societal level culture, environment, economic and social policies
  - ***mental health in all policies approach***

Evidence Base for Promoting Mental Health and Wellbeing

- Compelling evidence that the promotion of mental health leads to lasting benefits for the improved health and wellbeing of individuals, their families and society (WHO, 2013)
  - enhance protective factors for good mental health and wellbeing
  - reduce risk factors for mental and behavioural disorders
  - lead to lasting positive effects on a range of social, economic and health outcomes –> academic performance, employment, social functioning and physical health
- Convincing social and economic case for investing in the promotion of population mental health and wellbeing
- Improving population mental health will lead to a broad range of health, education, socio-economic and development outcomes

Bridging the Implementation Gap

- Challenge of implementation - scaling-up and sustainability of interventions across diverse population groups, settings and health systems
    - implementation is fragmented and few interventions are fully implemented or scaled-up at a country level
    - limited data on upstream intervention approaches
    - limited focus on implementation – 'know-do' gap

- Lack of supportive structures and limited capacity - insufficient guidance and support for effective implementation in the local context
- Need for supportive policy, innovative implementation strategies and workforce capacity

What Works?

- Priority interventions that can be implemented and sustained at a reasonable cost, while generating clear health and social gains

- Policies and interventions across the life course from infancy to older age including actions that can be delivered across settings and delivery platforms

- Interventions for which there is evidence of effectiveness, cost-effectiveness, and their feasibility in terms of cultural acceptability and capacity to be delivered by existing systems

  - series of evidence syntheses and briefings prepared for WHO and government agencies across high, middle and low income countries

Evidence Syntheses

- Barry, M.M., Kuosmanen, T., Clarke, A.M. (2017). *Implementing Effective Interventions for Promoting Adolescents' Mental Health: A Review of the Evidence in the European Region. WHO European Regional Office.*

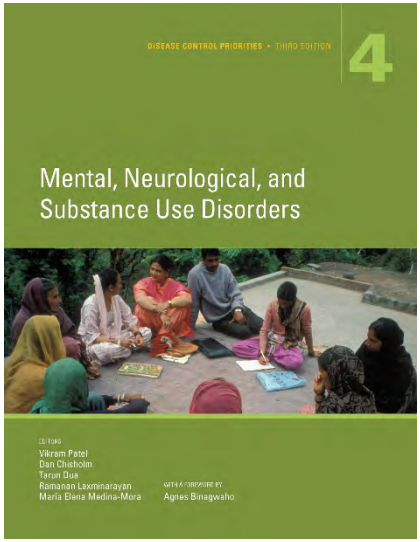
- Brief on Implementation of Global Mental Health Action Plan in the Eastern Mediterranean Region. *Promotion of Mental Health and Primary Prevention of Mental Disorders: Priorities for Implementation* Barry, Clarke & Petersen (2015) *EMHJ* 21(6), 424-432.

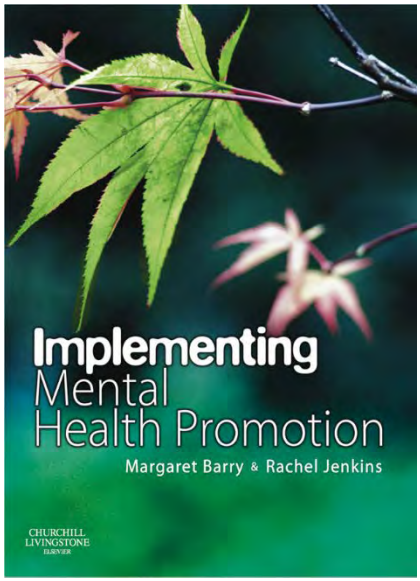
- Petersen et al. (2015) Population and community platform interventions (pp183-200). In Patel, et al. (Eds.), *Mental, Neurological, and Substance Use Disorders. Disease Control Priorities 3rd Edition.* The World Bank.

- Clarke, Morreale, Field, Hussein & Barry (2015) *What works in enhancing social and emotional skills development during childhood and adolescence*? Report for the Early Intervention Foundation & the UK Cabinet Office.

- Barry, Clarke, Jenkins & Patel, V. (2013) – A systematic review of interventions in LMICs… *BMC Public Health*, 13:835.

Barry, Clarke, Petersen & Jenkins (2019) *Implementing Mental Health Promotion* (2nd edition), Springer.





DELIVERY PLATFORM •Delivery Channel	Core set of actions	Evaluation	Evidence from high (HIC), low and middle-income countries (LMIC)
POPULATION			
• **Legislation / regulation)**	• Laws & regulation to reduce demand for alcohol use [taxes, restrictions to access, advert bans, enforcement of BAC limits]	• Best practice	• Sufficient evidence from HIC & LMIC
	• Laws to restrict access to means of self-harm/suicide	• Best practice	• Sufficient evidence from HIC & LMIC
	• Integrate mental health into Occupational Health and Safety regulations	• Good practice	• Sufficient evidence from HIC. Promising evidence from LMIC
• **Information / awareness**	• Mass promotion public awareness campaigns to improve mental health literacy & reduce stigma	• Good practice	• Sufficient evidence from HIC. Insufficient evidence from LMIC
COMMUNITY			
• **Workplaces**	• Integrate mental health into workplace Health and Safety practices	• Good practice	• Sufficient evidence from HIC. Promising evidence from LMIC
• **Schools**	• Universal Social Emotional Learning (SEL) programmes adopting whole school approaches	• Best practice	• Sufficient evidence from HIC & LMIC
	• Targeted interventions for vulnerable children	• Best practice	• Sufficient evidence from HIC & LMIC
• **Community**	• Preschool education and community-based parenting programmes	• Good practice	• Sufficient evidence from HIC & promising evidence from LMIC
	• Multi-component out-of-school youth empowerment programmes	• Good practice	• Promising evidence from HIC & LMIC
	• Economic and/or health empowerment programmes for families living in poverty	• Good practice	• Promising evidence from LMIC
	• Parenting and family strengthening for school-going children (3-16 years)	• Good practice	• Sufficient evidence from HIC & promising evidence from LMIC
HEALTH CARE			
• **Primary health care (including community outreach)**	• Promote infant & maternal mental health (incl parenting skills) as part of routine antenatal and postnatal care and home visitation programmes	• Best practice	• Sufficient evidence from HIC & LMIC
	• Training primary health care providers in opportunistic mental health promotion and prevention interventions for adults and older people	• Good practice	• Sufficient evidence from HIC & promising evidence from LMIC

Priority 1: Give Every Child a Healthy Start in Life

- **Promote infant (aged 0–3 years) and maternal mental health**
  - *integrate focus on positive mental health and social and emotional development into routine prenatal and postnatal care services and home visiting parenting programmes*

Priority 2: Give Every Child a Head Start in Life

- **Promote child mental health development (aged 3–6 years) through preschool education**
  - *access to high quality preschool programmes that develop children's social and emotional wellbeing, cognitive skills, school readiness and educational success*
- **Implementation:** supportive policy; workforce training integration into mainstream services - scaling-up as part of wider measures on child health and poverty reduction

Priority 3: Support Families in promoting their children's mental health and wellbeing

- **Strengthening families and parenting of school-going children (3-16 years)**
  - ➢ *access to universal and targeted parenting and family strengthening interventions promoting emotional and behavioural functioning*

Priority 4: Mental Health Promoting Schools: teaching skills for life

- **Promote young people's social and emotional skills and resilience through whole school interventions**
  - ➢ *access to universal social and emotional learning (SEL) programmes and targeted prevention programmes in schools*
- **Implementation:** embedded in family support and education policies; workforce training and support; tiered delivery of universal and targeted approaches

Priority 5: Community empowerment programmes: leaving no one behind

- **Promote social and emotional wellbeing through community engagement**
  - *access to community development programmes across the life course, especially for those who are disadvantaged and socially excluded*

- **Community empowerment to promote the mental health of families in poverty and debt**
  - *access to community microfinance and debt management combined with lifeskills training interventions*

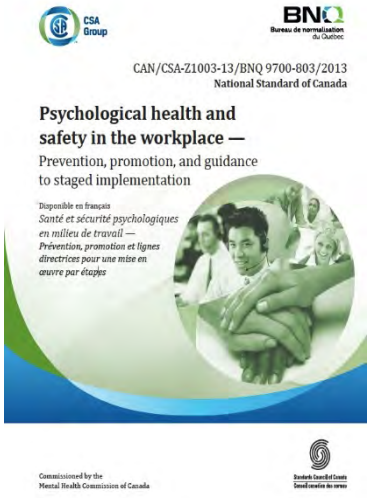
- **Implementation**: community development approach
  - mutual support – engaging those most in need
  - microcredit must be combined with lifeskills training
  - part of wider measures on social inclusion and poverty reduction

Priority 6: Creating Mentally Healthy Workplaces

- **Workplace policies and programmes that improve the mental health of working adults**

  - *integrating mental health into Health and Safety regulations and management practices*

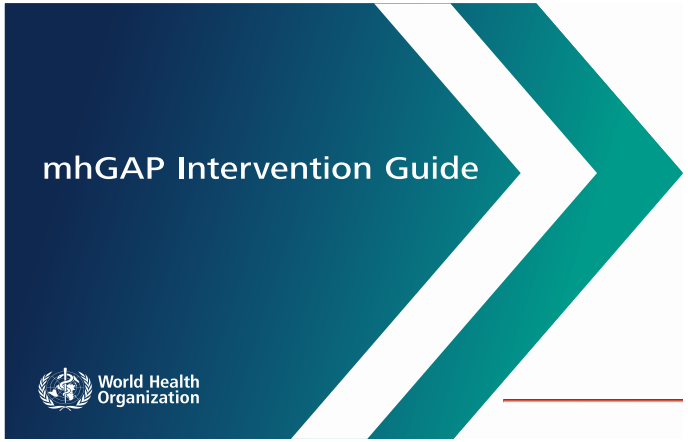
- **Implementation:**
  - supportive legislation
  - policy and management practices
  - whole organisation approach engaging all stakeholders



Priority 7: Promoting Mental Health in Primary Care

- **Promote mental health at the first point of contact with the health services**
  - *training primary health care providers in opportunistic mental health promotion and primary prevention*

- **Implementation: i**nclusion within primary care service structures; training of primary care staff to recognise and respond to mental heath needs



Priority 8: Mental Health Promoting Mental Health Services

- **Integration of mental health promotion within mental health services**
  - *programmes that promote recovery and strengthen opportunities for empowerment, mental health and wellbeing improvement*
- **Implementation:**
  - inclusion of mental health promotion within service structures and organization
  - training of staff; changes in the culture of service provision
  - protection of human rights

Priority 9: Promote Public Awareness & Stigma Reduction

- **Promotion of public awareness on promoting good mental health**
  - *interventions that promote mental health literacy, stigma reduction and a broader understanding of positive mental health and wellbeing*
- **Implementation:** country-level campaigns plus local community actions and online resources

Priority 10: Mental Health in All Policies

- **Promote policy making at all levels of governance and across sectors that will make a positive difference to mental health outcomes**
  - *polices, legislation and regulations that will create supportive physical, social, and economic environments for mental health and promote mental health as a human right*

- **Implementation**
  - public policies and actions that will ensure that the conditions that create and promote population mental health are accessible to all
  - universal action that are proportionate to need in order to address inequities

Frameworks for Action

- **Whole-of-government approach**
  - mental health in all policies approach - cross-sectoral responsibility for addressing the social determinants of mental health and addressing mental health inequities
  - priority for more than the mental health sector - policy coherence

- **Whole-of-society approach**
  - multisectoral partnerships identifying and creating synergies to promote and enhance mental health - flourishing society
  - engaging new actors from across diverse sectors such as; child care, education, welfare, community, youth services, media, arts and culture, sports, urban design, local authorities, environment, economic and social policies

➢ ***participation of all of government and the wider community in creating the conditions for positive mental health and wellbeing***

Capacity Development for Population Mental Health

- **Policie**s that will deliver on improved mental health at a population level
  - creating an enabling policy structure for comprehensive and universal actions on a cross-sectoral basis
  - policy and decision-makers – engage in multisectoral policy analysis, development and implementation
  - ➢ ***policy mandate for intersectoral action***

- **Research** to advance and support effective action
  - strengthening and expanding the evidence base – upstream interventions
  - investing in implementation research – bridging the 'know-do' gap
  - monitoring the status and determinants of positive mental health at a population level
  - ➢ ***new methodologies, types of evidence and data***

Capacity Development for Population Mental Health

- **Practice** that will strengthen effective implementation
  - aligning capacity to deliver on population mental health
  - systems and support structures for multisectoral action
  - delivery mechanisms for embedding mental health promotion practices into mainstream support and service delivery in a sustainable manner
  - scaling-up and integrating population level actions based on cross-sectoral planning and delivery

- Developing workforce capacity
  - base of multidisciplinary knowledge, skills and values
  - working in partnership with other sectors to effect systems change
  - new mix of skills
  - ***intersectoral working and partnership skills***

Capacity Development for Population Mental Health

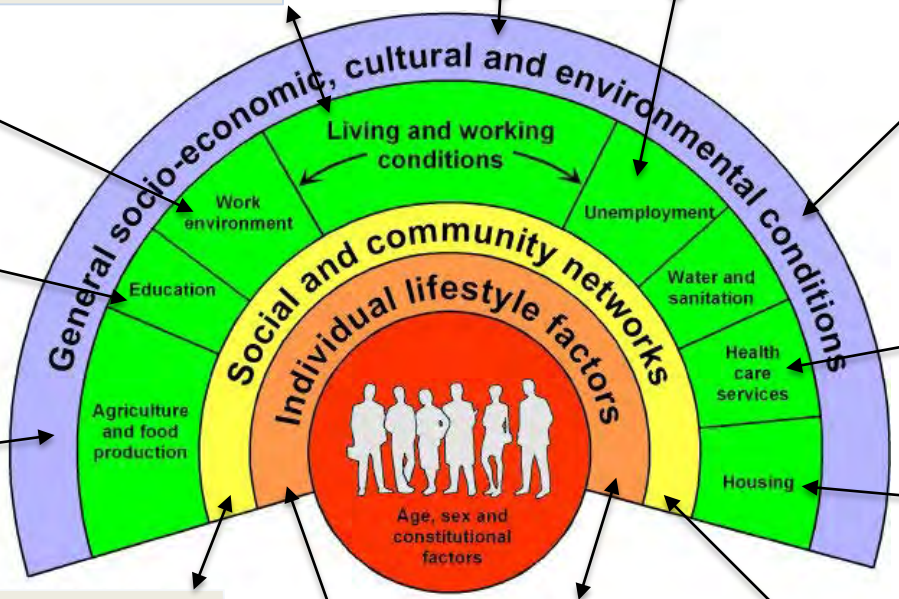
- Mobilising wider public engagement – mental health becomes central to population wellbeing and government policy

- Integrating mental health promotion into policies and practices that create supportive environments that will empower people, enhance their skill development and enable them to grow and flourish

- Supportive policy systems, innovative implementation structures and new research and practice paradigms

➢ ***ensure that the conditions that create and support population mental health and wellbeing are accessible to all***

Mental Health in all Policies



Enact Legislation and Regulations to Reduce Structural Barriers to Population Mental Health

Create Supportive Physical, Social and Economic Environments for Mental Health

Promote Population Mental Health Literacy

Create Mentally Healthy Workplaces

Promote Mental Health in Schools

Access to Mental Health Promoting Health Services

Reduce Poverty and Food Insecurity

Improve Housing and Living Environments

Support Families in Promoting Mental Health

Promote Infant and Maternal Mental Health

Empower Communities

Promote Social and Emotional Skills Development

Adapted from Dahlgren & Whitehead, 1991