Promoting and protecting mental Health. Supporting policy trough integration of research, current approaches and practice

Core Principles of Mental Health Promotion
Karl Kuhn

Policy framework proposes 10 key areas for action (Helsinki)

Ten action areas

1. Support parenting and the early years of life

2. Promote mental health in schools

3. Promote workplace mental health and prevent work related stress

4. Support mentally healthy ageing

5. Address groups at risk for mental disorders

6. Prevent depression and suicide

7. Prevent violence and the harm done by substance use

8. Involve primary and secondary health care

9. Reduce disadvantage and exclusion and prevent stigma

10. Link with other sectors to create supportive environments

Policy framework proposes 5 common principles

Five common principles

1. Expand the knowledge base for mental health

2. Support effective implementation

3. Build capacity and train the workforce

4. Engage different actors

5. Evaluate and monitor the impact of implemented policies and programmes

What is Mental Health

Mental health, as an indivisible part of general health, reflects the equilibrium between the individual and his/her environment. The determinants of Mental Health include:

• Individual factors and experiences (e.g. childhood events, recent traumas, etc.)

• Social interactions (e.g. family relationships, work relationships etc.)

• Societal structures and resources (e.g. welfare and support systems);

• Cultural values (e.g. transitional cultures; multi-cultural conflicts)

Dimensions of Mental Health

Positive mental health considers mental health as a resource. It is essential to general well-being as well as to our ability to perceive, comprehend and interpret our surroundings, to adopt to them or to change them if necessary, and to communicate with each other. Healthy mental abilities and functions enable us to experience life as meaningful, helping us to be, among other things, creative and productive members of society.

Dimensions of Mental Health

Negative mental health deals with mental disorders, symptoms and problems. Mental disorders are defines ib current diagnostic classifications by the existence of symptoms (with the exception of psycho-organic disorders and substance abuse disorders). A state is called disorder when symptoms are long-lasting, beyond of the control of individual, out of proportion to possible external causes, and reducing functional capacity. Mental symptoms and problems may so exist even though the criteria for clinical disorders are not met. These sub clinical conditions are often a consequence of persistent or temporary distress. They can be marked burden, but are not always recognized as mental health problems or presented for care.

Some Features of Mental Health

- Mental health and well-being are issues of everyday life

- Mental health is seen as an essential component of general health

- Mental health is a result of various predisposing factors, precipitating factors, social context and individual resources

- Positive mental health refer to MH as a capacity to perceive, comprehend and interpret our surroundings, to adapt to them and to change them if necessary, to think and speak, and to communicate.

- MH is determined by individual factors and experiences, social interaction, societal structures and resources, and cultural values.

What is health Promotion

"Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion goes beyond healthy life-styles to well-being." (WHO, 1986).

What is WHP

Workplace Health Promotion (WHP) is the combined efforts of employers, employees and society to improve the health and well-being of people at work. This can be achieved through a combination of:

• improving the work organisation and the working environment

• promoting active participation

• encouraging personal development

Features of WHP

WHP involves:

•Having an organizational commitment to improving the health of the workforce

•Providing employees with appropriate information and establishing comprehensive communication strategies

•Involving employees in decision making processes

•Developing a working culture that is based on partnership

•Organising work tasks and processes so that they contribute to, rather than damage, health

•Implementing policies and practices which enhance employee health by making the healthy choices the easy choices

•Recognising that organisations have an impact on people and that this is not always conducive to their health and well-being

Good practice of WHP should

- Include early detection (early warning system)

- Involve the participants in every stage of the project management

- Be integrated in the management philosophy

- Include interventions on different levels, i.e. affecting the individual, the social environment and the working conditions

- Focus on mental health promotion

- Cover different levels: promotion, primary prevention and secondary prevention

- Include various actions, for example training, counselling, surveys and

  be proven to be effective.

Mental Health Promotion

Mental health promotion concepts placing mental health within a health promotion framework, and viewing mental health specifically on a continuum, ranging from optimal to minimal. It is suggested to define optimal mental health for the whole population, including people with a diagnosed mental health disorder. Promoting mental health should always being consistent with the health promotion process of "enabling people to increase control over, and improve their own health." (WHO, 1986

Common Elements of HP and MHP

•focus on the enhancement of well-being rather than on illness

•address the population as a whole, including people experiencing <u>risk conditions</u>, in the context of everyday life (and in different settings)

•are oriented toward taking action on the <u>determinants of health</u>,

•broaden the focus to include protective factors, rather than simply focusing on risk factors and conditions

•include a wide range of strategies such as communication, education, policy development, organizational change, <u>community development</u> and local activities

•acknowledge and reinforce the competencies of the population

•encompass the health and social fields as well as medical services

What is distinctive

Mental health promotion emphasizes two key concepts: power and resilience.

Power is defined as a person's, group's or community's sense of control over life and the ability to be resilient .Building on one's existing capacities can increase power and control.

Resilience has been defined as "the ability to manage or cope with significant adversity or stress in ways that are not only effective, but may result in an increased ability to respond to future adversity". Resilience is influenced by risk factors and protective factors. [*]

The Goals of MHP

To increase resilience and protective factors

To decrease risk factors

To reduce inequities

Resilience and protective Factors

- increasing an individual's or community's resilience

- increasing coping skills

- improving quality of life and feelings of satisfaction

- increasing self-esteem

- increasing sense of well-being

- strengthening <u>social supports</u>

- strengthening the balance of physical, social, emotional, spiritual and psychological health.

Decrease Risk Factors

Mental health promotion aims to reduce the factors that place individuals, families and communities at risk of diminishing mental health, by reducing or eliminating (or the sources of):

anxiety

depression

stress and distress

sense of helplessness

sexual abuse

family conflict

problem substance use

suicide

violence.

To reduce Inequities

Mental health promotion aims to reduce *inequities* and their consequent effects on mental health. Inequities are often based on:

- gender

- poverty

- physical or mental disability

- employment status

- race

- ethnic background

- geographic location.

Characteristics of successful Interventions

•clearly stated outcome targets

•comprehensive support systems with multiple approaches, including emotional, physical and social support, together with tangible assistance.

•intervention in multiple settings, (e.g., home, school, workplaces, daycare centre and community)

•provision of screening and early interventions for mental health problems at all stages of the lifespan

•involvement of relevant parts of the target group's social network

•intervention over an extended period

•long-term investment in program planning, development and evaluation

Sources of Evidence

♦ derive from a wide variety of sources, including all key stakeholders and relevant key informants, and from a wide variety of methods

♦ be drawn from sources internal and external to the particular initiative

♦ include results/outcomes related to past and current practice

The Nature of Evidence should

♦ reflect health promotion or public health values, goals, ethics, theories, underlying beliefs, understanding of the environment, and practice (for an example of evidence guidelines designed to increase this reflectiveness)

♦ transcend information supporting conventional wisdom, that is, include information supporting new or non-mainstream ideas as well as information contradicting generally accepted ideas

♦ be high quality (that is, based on accurate data, produced by methods appropriate to the question, etc.)

♦ be qualitative and quantitative, subjective and objective used in a complementary fashion

♦ be appropriate to the issue, setting, etc.

♦ include the relationship between processes, activities and results/outcomes

The Use of Evidence should

♦ be integrated into each stage of practice (i.e., planning, implementing, evaluating, revising)

> *contribute to continuous learning and knowledge development, that is, lead to*: a broad and complete picture of what is happening, insights into why things happen, understanding of how we might make things happen in a better way

♦ be reviewed and updated regularly

♦ be used with awareness, discussion, clarity, and reflection regarding all factors relevant to decision-making about health promotion or public health practice

Determinants of effective implementation(EMIP)

• Marketing mental health and well-being.

• Making the case across different sectors and with different stakeholders

• Demonstrating how mental health promotion contributes to effective service reform and improved outcomes for people with mental health problems

• A system of governance, linked to wider targets e.g. education, physical health, environmental improvement, reducing inequalities, with clear lines of accountability for delivering mental health promotion

• Describing what success would look like and how it will be measured

• Building capacity across all sectors

• Evidence base and evaluation

ProMenPol =

Promoting and Protecting **Men**tal Health

Supporting **Pol**icy through Integration of Research,

Current Approaches and Practices