

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

Policy Workshop in Brussels

*Development of Core Principles for Implementing
Mental Health Promotion*

**Karl Kuhn, Federal Institute for Occupational
Safety and Health in Dortmund**



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.



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



Three principle tasks of EMIP for national workshops

1. A Mapping exercise

- Stating the present situation of mental health with a special focus on mental health promotion and prevention.

2. Defining: How do we create a critical mass?

- Identifying push and pull factors, like for instance supporting policies, stakeholders, networks and initiatives.

3. Streamlining the results

- Creating a national profile for the future development of mental health and mental health promotion and prevention.

A mapping of the mental health promotion and prevention status and a country specific need analysis, if possible combined with a resource-analysis, should be established.



'Positive steps' for achieving and maintaining positive mental health

The fruit and vegetables of mental health:

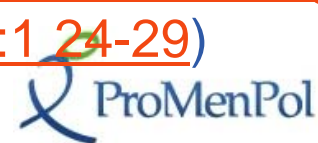
- Keeping physically active
 - Eating well
 - Drinking in moderation
 - Valuing yourself and others
 - Talking about your feelings
- [NIMHE \(2005\) Making it possible: improving mental health and well-being in England](#)
- Keeping in touch with friends and loved ones
 - Caring for others
 - Getting involved and making a contribution
 - Learning new skills
 - Doing something creative
 - Taking a break
 - Asking for help



Emotional and cognitive protective factors for mental well-being

- Agency/locus of control
- Capacity to learn, grow and develop
- Feeling loved, trusted, understood, valued
- Interest in life
- Autonomy
- Self-acceptance and self-esteem
- Optimism and hopefulness
- Resilience/problem solving

(Stewart Brown S (2005) Interpersonal relationships and the origins of mental health *Journal of Public Mental Health* 4:1 24-29)

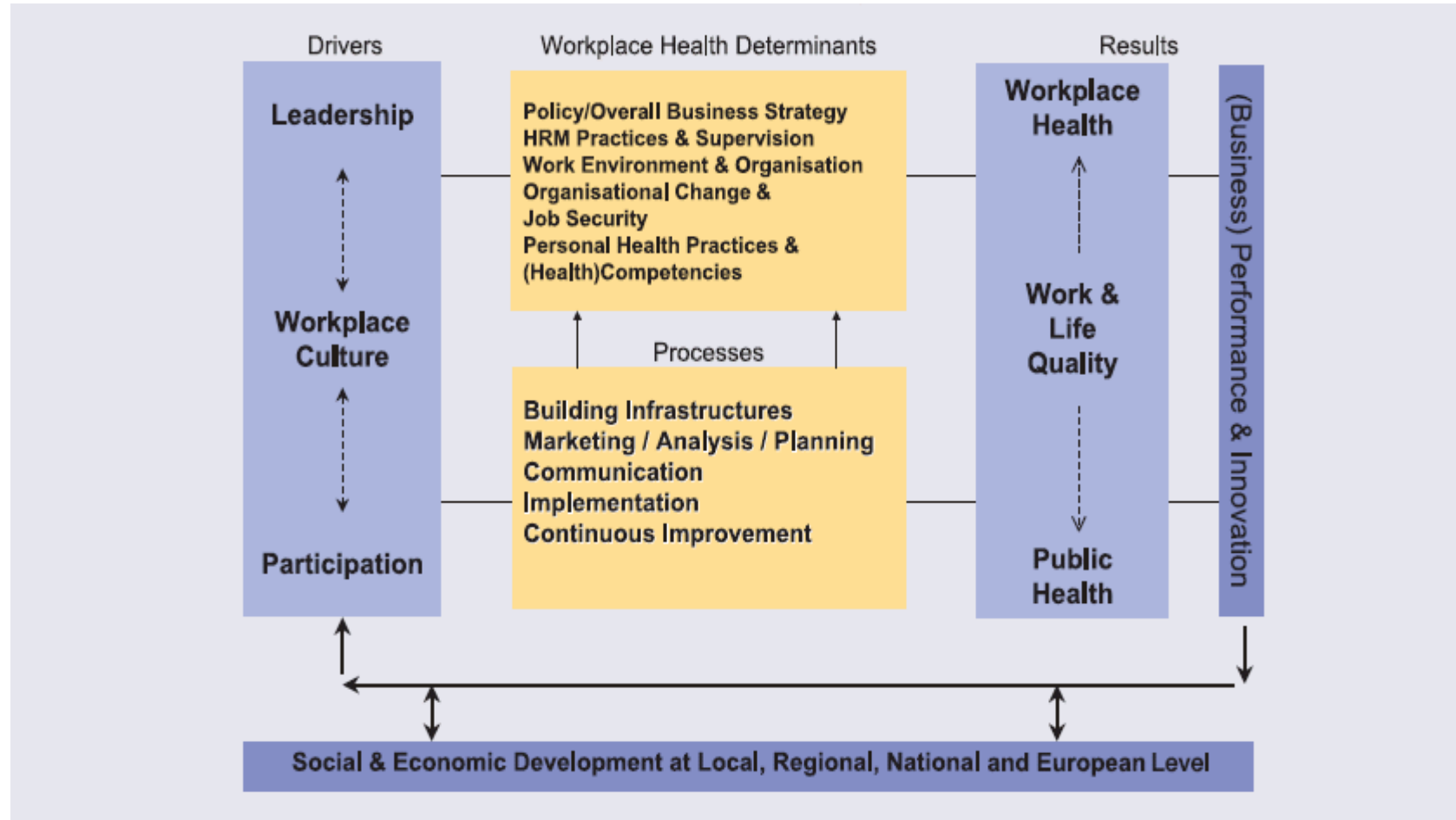


Determinants of effective implementation(EMIP)

- 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



The European Approach to Promoting Workplace Health



Good practice 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.



Where to go!

- Ultimately ProMenPol will provide an overarching **multi-sectoral policy (conceptual) framework** which can be used by European policy makers such as EC to implement its mental health strategy throughout Europe
- The framework
 - will be **used to map and repackage** existing research and practice within the field
 - will customise and adapt existing tools
 - Bring together mainstreams and networks...piloting of toolkits



ProMenPol =

Promoting and Protecting Mental Health

Supporting **P**olicy through Integration of Research,
Current Approaches and Practices

