Good practices in modern mental health care

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Policy mandate at European level
EU COMPASS FOR ACTION FOR MENTAL HEALTH AND WELL-BEING
2015-2018
Mental Health Policy Consortium

Leader: Trimbos Institute

Partners: University NOVA Lisbon, Finnish Association for Mental Health and EuroHealthNet

Funded by the European Union in the frame of the 3rd EU Health Programme (2014-2020)
Thematic scientific and consensus papers, annual progress reports & good practices collection
1) Prevention of depression and promotion of resilience
2) Provision of more accessible mental health services
3) Mental health at workplace
4) Mental health of young people
5) Providing community-based mental health services; 
6) Preventing suicide;
7) Developing integrated governance approaches

Organise consultations:
National awareness raising workshops
Online consultations
Yearly European Forum Mental Health (2016, 2017, 2018) in LUX (150 participants)

Dissemination:
Updated website
Newsletters
Press notes
Brochures good practices
Progress achieved with the implementation of the European Framework for Action

**Progress Made On:**
- Policies & legislation
- Launch of new promotion & prevention programmes
- Compliance with human rights legislation
- Involvement of users and carers
- Promotion of self-help groups
- Organisation of mental health services by catchment areas
- Development of specialist outpatient mental health care in the community
- Provision of inpatient treatment in psychiatric units of general hospitals
- Improvement of quality of care in existing mental hospitals

**Areas For Improvement:**
- Improve monitoring mechanisms of mental health services
- Integration of mental health in primary health care
- Complete transition from institutional based care to community-based care
- Further development and acceptance of home treatment and assertive outreach teams
- Development and implementation of e-mental health interventions
- Continue to develop mechanisms for monitoring quality of care

**2 Years After the Adoption of the Framework For Action:**
- Progress achieved, but at an uneven pace
- 46% of EU MS developed outpatient care
- 27% of EU MS made improvements to mental health in primary care
- 58% of EU MS implemented community services
- 77% of EU MS implemented specialist outpatient MH services

Source: EU Compass Annual Reports
Implementation of key components of community-based mental health remains uneven

<table>
<thead>
<tr>
<th>Service</th>
<th>Significantly implemented</th>
<th>To a small extent or not at all</th>
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<tbody>
<tr>
<td>Specialist outpatient MH services</td>
<td>77%</td>
<td>4%</td>
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<tr>
<td>Community MH Teams</td>
<td>46%</td>
<td>23%</td>
</tr>
<tr>
<td>Rehabilitation</td>
<td>42%</td>
<td>19%</td>
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<tr>
<td>Crisis intervention</td>
<td>42%</td>
<td>30%</td>
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<tr>
<td>Residential facilities</td>
<td>39%</td>
<td>19%</td>
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<tr>
<td>Primary care liaison</td>
<td>27%</td>
<td>31%</td>
</tr>
<tr>
<td>Home care</td>
<td>19%</td>
<td>46%</td>
</tr>
<tr>
<td>Assertive outreach</td>
<td>12%</td>
<td>38%</td>
</tr>
<tr>
<td>Early intervention</td>
<td>8%</td>
<td>54%</td>
</tr>
</tbody>
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Source: EU Compass Annual Reports
Upon discharge, majority of patients with severe mental illness receive routine follow-up community care in...

- Outpatient Clinics in the community: 58%
- Assertive outreach: 8%
- Home interventions: 16%
- Mental hospitals: 16%

Source: EU Compass Annual Reports
What is on the mental health agenda of European countries?

<table>
<thead>
<tr>
<th>The treatment gap for mental disorders is enormous</th>
<th>Collaborative actions are required for community-based treatment</th>
<th>Financial constraints impinge on the development of community-based mental health services: pilot projects become restricted</th>
<th>How to incentivise mental health professionals to address the human resource gap (esp. rural areas)</th>
</tr>
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<tbody>
<tr>
<td>Address stigma and raise awareness about interlinkages of mental health</td>
<td>Weak regulatory framework for community-based mental health services</td>
<td>Fragmentation in care pathways, with weak connections between primary care &amp; specialised care</td>
<td>Regulation of mental health professionals at national level (psychologists, nurses, social workers)</td>
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<td>Build capacity in child and adolescent mental health care</td>
<td>Greater collaboration across sectors (social welfare, education, labour, etc.)</td>
<td>How to embed e-mental health into the health care system</td>
<td>Health insurance coverage by both state and private health insurance companies</td>
</tr>
</tbody>
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Source: EU Compass National Awareness Workshops
MODELS OF CARE IN COMMUNITY-BASED MENTAL HEALTH SERVICES

1. **Primary Care Liaison / Collaborative Care**
   - Providing professional support, assessment, triage, referral and low intensity psychological interventions

2. **Community-based MH teams**
   - Community Mental Health Teams
   - Assertive Community Treatment / Intensive Case Management
   - Early Intervention Services
   - Community Rehabilitation Teams

3. **Alternatives to inpatient treatment**
   - Crisis intervention / home treatment teams
   - Day hospitals
   - Residential alternatives to inpatient admission (time-limited, community-based crisis houses, to family placements)

4. **Employment support**
   - Individual Placement and Support (IPS)

5. **Housing and supported accommodation**
   - High-support, 24-hour staffed settings
   - Shared group homes with lower staffing levels
   - Independent tenancies with outreach support

Source: EU Compass Consensus Paper
Developments:

- Recovery-based practice
- Shared decision making / collaborative care planning
- Peer support
- Tackling stigma and social inclusion
- Personal budgets
- Flexible Assertive Community Treatment (F-ACT)

Source: EU Compass Consensus Paper
Service users – cocreators in mental health care

- **Individual Level**: Shared decision making in treatment
- **System Level**: Team
- **Policy Level**: Service, government

Source: Rene Keet, Chair, EUCOMS
Way forward?

- Recommendations for action
- Examples of good practices

Making choices – a balancing act
European Network of Community-based Mental Health Service Providers