BEYOND PSYCHIATRY:
PUBLIC MENTAL HEALTH

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The Lancet Commission on global mental health and sustainable development


Executive summary
The Sustainable Development Goals (SDGs) represent an exponential advance from the Millennium Development Goals, with a substantially broader agenda affecting all sectors. The Commission recognizes the need for a reframed agenda on four foundational pillars: the improvement of mental health for whole populations and reducing the contribution of mental disorders to the global burden of disease. The Commission grounds this reframed agenda on four foundational pillars.

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See Online/Comment

Thanks to Vikram Patel et al.
Why should we talk about more on mental health?

- Mental-health disorders are the leading causes of disability worldwide.
- Nearly 30% of people around the world experience a mood, anxiety or substance-use disorder in their lifetime.
- For those with a depressive disorder,
  - one in five people in high-income countries and
  - one in 27 people in LMIC countries receive minimally adequate treatment

*Thorncroft et al. Br J Psychiatry 2017*
Need is growing!

• The widespread incarceration of people with mental-health disorders persists.
• Vulnerable populations are expanding.
  – Tens of millions of migrants fleeing persecution, conflict and violence,
  – Ebola, climate change etc
• Only 9 mental-health providers per 100,000 people globally;
• Extra 1.7 million mental-health workers needed in LMIC countries alone.

The rising burden of mental and substance use disorders, Alzheimer’s disease and other dementias, and suicide (self-harm) by SDI groups

Data are Global Burden of Disease health data. SDI=sociodemographic index. DALY=disability-adjusted life-year.

The global burden of mental and substance use disorders, Alzheimer’s disease and other dementias, and suicide (self-harm) in DALYs across the life course

Data are Global Burden of Disease health data (2016).

Innovations are needed urgently!!!

The status quo is not working.
Reframing mental health

treatment, rehabilitation, care, recovery

promotion

prevention

interventions early in the life course;
A staging approach for mental disorders

Increasing symptom specificity and severity

Mental wellbeing
- No distress

Stage of non-specific mental distress
- Need more awareness and understanding to promote self-help

Early treatment
- Better management and prevention for improvement of overall mental health and reduction of symptoms

State of specific mental syndrome
- Progressive treatment aligned to evidence related to specific disorders

Stage 0
- Asymptomatic
  - Public mental health promotion and illness prevention
  - No individual treatment or intervention

Stage 1a
- Non-specific mental distress
  - Self-help and support from informal networks
  - Interventions raising population mental health literacy
  - Identification of stressful or noxious environmental exposures
  - Exploration of environmental modification or development of coping strategies

Stage 1b
- Subsyndromal or subthreshold symptom profile
  - Advice and transdiagnostic psychosocial support from PHC
  - Identification of high-risk individuals and monitoring

Stage 2
- Full defined syndrome
  - First episode treatment in primary care
  - Specialist care available for primary health services through properly resourced collaborative models
  - Effective referral through stepped care for complex or unresponsive cases

Stage 3
- Recurrence, persistence
  - Specialist mental health service in collaboration with PHC
  - Ongoing community and multisectoral support

Stage 4
- Treatment resistance
  - Specialist mental health service in collaboration with PHC
  - Rehabilitation and ongoing community support
Task sharing:
Mental health is everybody’s business

- Teachers etc
- Community mental health workers
- Nurses, Ergotherapists
- Psychiatrists, Psychologists
Intersectoral actions

- Education
- Workplaces
- Social welfare
- Gender empowerment
- Child and youth services
- Criminal justice
- Development
- Humanitarian assistance etc.
Social determinants of global mental health and the Sustainable Development Goals

Some Slogans

- No Health without Mental Health
- Mental Health in All Policies
- Nothing about us without us