



*Spectrum of interventions for  
mental health*

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# Background

- growing awareness of burden of mental illness
- international movement to promote mental health, prevent mental health problems and mental disorders, and lessen the global burden of mental ill health
- ***Second National Mental Health Plan***
  - ***promotion and prevention***
    - improve public health strategies to promote mental health
    - reduce incidence and prevalence of mental disorders and associated disability (including depression)
    - reduce numbers of suicides
    - increase consumer and carer satisfaction with clinicians' responses to early warning signs of mental disorders
    - improve mental health literacy at all levels

# Growing evidence base

- ❁ *OSAP Prevention Monograph-2* (Schaffer, Phillips & Enzer 1989)
- ❁ *Scope for Prevention in Mental Health* (Raphael 1993)
- ❁ *Reducing Risks for Mental Disorders* (Mrazek & Haggerty 1994)
- ❁ *Prevention in Psychiatry* (Paykel & Jenkins 1994)
- ❁ *Healthy Families Healthy Nation: Strategies for Promoting Family Mental Health in Australia* (Sanders 1995)
- ❁ *Handbook of Studies on Preventive Psychiatry* (Raphael & Burrows 1995)
- ❁ *Early Intervention and Prevention in Mental Health* (Cotton & Jackson 1996)
- ❁ *Effectiveness of Mental Health Promotion Interventions: A Review* (Health Education Authority 1997a)
- ❁ *Pathways to Prevention: Developmental and Early Intervention Approaches to Crime in Australia* (National Crime Prevention 1999)

# Population health approach

- *Ottawa Charter for Health Promotion (WHO 1986)*
- *Jakarta Declaration (WHO 1997)*
  - influences on mental health occur in the events and settings of everyday life
  - mental health and mental ill health result from a complex combination of events and conditions that take place in biological, individual-psychological, social-psychological, and structural domains ⇒ interplay between the individual and the environment is critical

# Risk and protective factors

- **risk factors**

- increase the likelihood that a disorder will develop
- exacerbate the burden of existing disorder
- indicate a person's vulnerability, and may include genetic, biological, behavioural, socio-cultural and demographic conditions and characteristics

- **protective factors**

- reduce the likelihood that a disorder will develop
  - reducing the *exposure* to risk
  - reducing the *effect* of risk factors
- give people resilience in the face of adversity
- moderate the impact of stress and transient symptoms

# PPEI

- wide range of factors influence mental health, mental health problems and mental disorders
- an effective response requires partnerships that reach well beyond specialist mental health services - broader health services and also family and community services, educational institutions, workplaces, correctional services, emergency services, and the sports, arts and business sectors, as well as carers and consumer groups
- mental health is an issue for the entire community and requires a whole of community response

# Key strategic sectors

- homes
- childcare
- education
- health
- welfare
- housing
- corrections
- community
- entertainment, sport, leisure, arts, culture
- employment
- business
- financial
- media

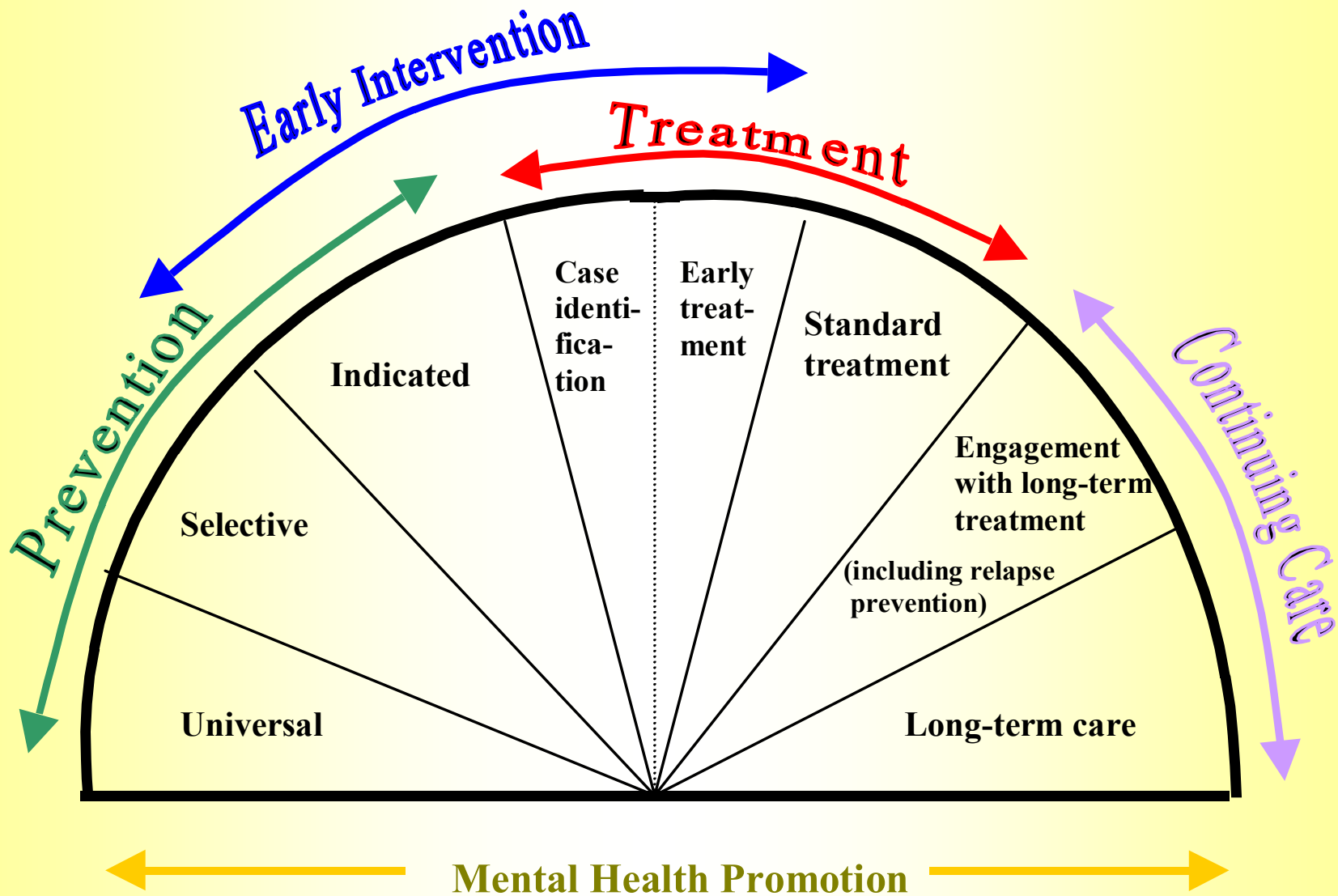
# PPEI documents

- **Action Plan**

policy framework for  
promotion, prevention  
and early intervention

- **Monograph**

theoretical and conceptual  
framework and  
background  
for *Action Plan 2000*



# Mental health promotion

- Any action taken to maximise mental health and wellbeing among populations and individuals
  - public policy that promotes mental health
  - environments that promote mental health
  - community action
  - personal skill development
  - expanded focus of services

— *Ottawa Charter*

# Healthy communities

- Where people feel empowered to take control over their daily lives, where people feel involved, included and able to influence the decisions that affect them
- strength of community life, or ‘social capital’ within a community, is profoundly important to people’s overall sense of emotional and social wellbeing

# Social capital

- trust, tolerance and reciprocity
- wide range of diverse networks that provide many opportunities for mutual support and participation at all levels
- community action - empowered and skilled community members

# Community education

- important strategy to strengthen community action and social capital
- raise awareness, increase knowledge, and provide information and skills training
- change values, attitudes, beliefs, skills and behaviours and empower members of the community to take action for themselves

# Peaceful and safe communities

- absence of war and conflict are fundamental to emotional and social wellbeing
- reducing the rates of crime, violence and vandalism
- encourages the use of public spaces, parks and streets - may increase participation in community activities, enhancing a sense of belonging and supporting mental health.

# Infrastructure

- public transport, affordable and accessible leisure activities, availability of adequate housing, the provision of work and workplaces, schools, libraries, local shops, health care services, and businesses forging close ties with the community all contribute to the emotional and social wellbeing of a community

# Social environment

- social support, strong social networks and a sense of integration and inclusion are key predictors of mental health
- access by all members of the community

# Mental health literacy

- knowledge of: ways to seek mental health information; factors that are protective of and risks to mental health; the availability and efficacy of self-treatments and professional help; as well as the ability to recognise specific disorders
- involves attitudes and beliefs that promote recognition of mental health status and appropriate help-seeking behaviour (Jorm et al 1997)

# Prevention

- Interventions that occur before the initial onset of a disorder to prevent the development of disorder
  - *universal* - targeted to the general public or a whole population group that has not been identified on the basis of individual risk
  - *selective* - targeted to individuals or a subgroup of the population whose risk of developing mental disorders is significantly higher than average
  - *indicated* - high-risk individuals

# Early intervention

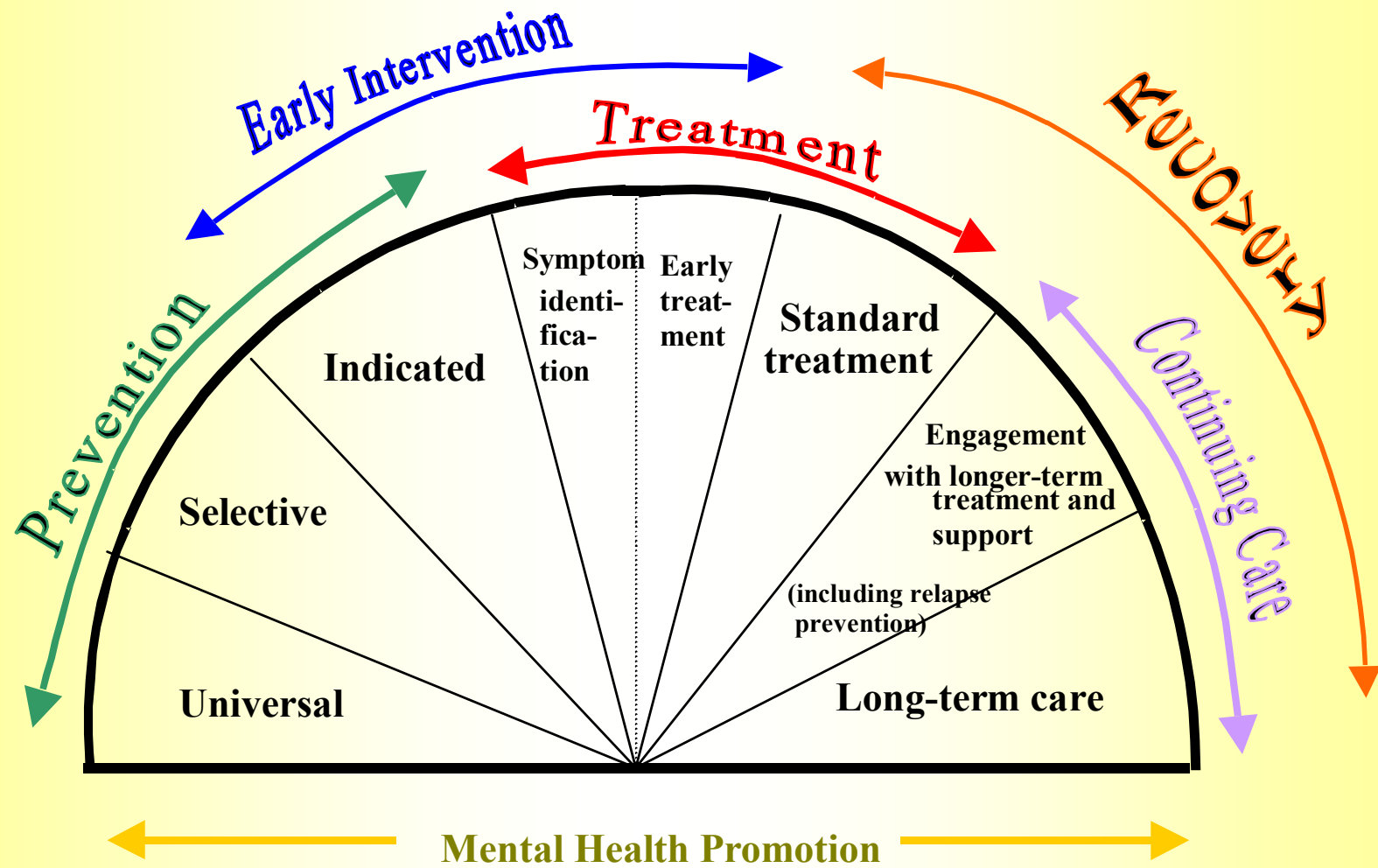
- Early intervention refers to interventions targeting people displaying the **early signs and symptoms** of a mental health problem and people developing or experiencing a **first episode** of mental illness
- **indicated prevention** and **case identification**

# Mental health services

- How can PPEI concepts be integrated within treatment services?
- Evaluation of the Second National Mental Health Plan
  - there has been confusion regarding the roles and responsibilities for promotion and prevention, particularly among mental health service providers who are struggling to meet demand

# Evaluation of 2nd Plan

- mental health services should consider their wider role in terms of promoting mental health
  - lack of engagement in mental health reform
  - improved attitudes toward consumers, their families and carers
  - prioritising consumer rights and participation
  - early intervention - timely and effective response to new or recurrent disorder
  - continuity of care - across the course of an illness, across the lifespan, across services and sectors



# Recovery

- is an outcome, and also a process
- promotes hope and wellbeing for people with mental illness
- emphasises the development of new meaning and purpose for consumers and the ability to pursue personal goals
- a framework that supports empowerment and personal capacity building for consumers
- promotes mental health and wellbeing for consumers and their families and carers.

- *Continuing care comprises interventions for individuals whose disorders continue or recur. The aim is to provide optimal clinical treatment and the necessary rehabilitation and support services in order to prevent relapse or the recurrence of symptoms, and to maintain optimal functioning to promote recovery. Rehabilitation may focus on vocational, educational, social, and cognitive functioning. Ongoing mental health promotion and the reduction of risk factors and enhancement of protective factors are still relevant at this end of the spectrum to facilitate and support recovery and ongoing wellbeing.*

- **Monograph**

# Rehabilitation

- Rehabilitation for mental health, also known as ‘psychiatric rehabilitation’, is a set of targeted interventions that is intended to prevent further, or reduce disability that is associated with mental health problems. It is a process of assisting people to acquire and to use the strengths and skills, supports, and resources necessary for successful and satisfying living, learning, and working in the environments of their choice” (NSW

# Relapse prevention

- What is a relapse?
- Chronic conditions
- acute or diagnosable condition
- *medical construct* - relapse from diagnosis of 'well' to diagnosis of 'ill'
- *personal construct* - relapse from **coping** to **not coping**

# Mental health promotion

- For people who have experienced mental illness and been in contact with services
- Recovery orientation
- continuing care in terms of rehabilitation and relapse prevention

- Promoting mental health (recovery and rehabilitation)
- preventing illness (recovery and rehabilitation)
- intervening early (relapse plan)