

# INTEGRATING MENTAL HEALTH INTO PRIMARY CARE:



## AN OVERVIEW OF THE 2017 mhGAP VIRTUAL COURSE

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- **Mental health (MH) disorders constitute the single largest burden of disease worldwide**
- **Large treatment gap**
- **Strong global and subregional mandate to strengthen the integration of mental health into primary health care (PHC):**
  - **Greater access, closer to where people live**
  - **Less stigmatizing, less discriminatory**
  - **MH conditions are highly co-morbid with NCDs**



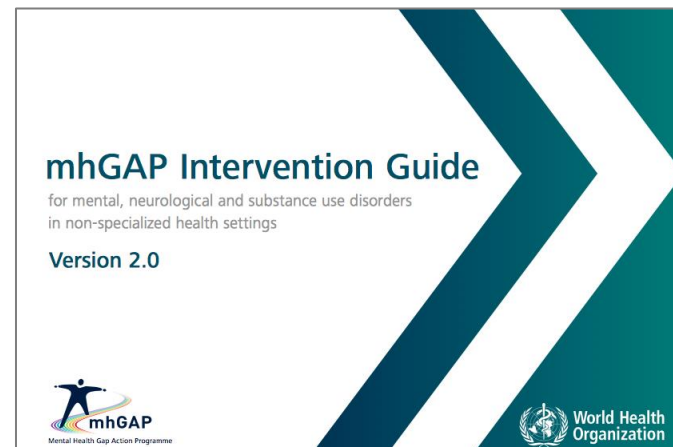
**Pan American  
Health  
Organization**



**World Health  
Organization**

REGIONAL OFFICE FOR THE **Americas**

- **Based on the Mental Health GAP Action Program Intervention Guide (mhGAP-IG) version 2.0 (2016):**
  - **Recommendations for the integrated management of mental, neurological and substance use (MNS) disorders in non-specialist health settings using protocols for clinical decision-making**
- **Available online from:**  
<http://bit.ly/2pAcwIB>



## DEP » Quick Overview





### ASSESSMENT

- » Does the person have depression?
- » Are there other explanations for the symptoms?
  - Rule out physical conditions
  - Rule out a history of mania
  - Rule out normal reactions to recent major loss
- » Assess for other priority MNS conditions



### MANAGEMENT

- » Management Protocols
  1. Depression
  2. Depressive episode in bipolar disorder
  3. Special populations
- »  Psychosocial Interventions
- »  Pharmacological Interventions



### FOLLOW-UP

- **The course uses PAHO's Virtual Campus for Public Health (VCPH) platform**
- **Builds on previous editions conducted in 2012-13, 2015 and 2016, both in Spanish and English**



- **To enhance the capacity for early detection and management of mental health problems in Primary Health Care networks, by:**
  - **improving the knowledge, skills and attitudes on the topic of mental health;**
  - **supporting actual practice change to accommodate mental health into primary care practices.**

- 1. Improve individual clinicians' proficiency in the diagnosis and management of MH problems**
- 2. Strengthen cooperation and collaboration between participating countries**
- 3. Provide participants with the necessary tools to enable the integration of MH interventions into their clinical practice**

## 2017 mhGAP VIRTUAL COURSE | OBJECTIVES

<b>Modules</b>	<b>Themes</b>
<b>Module 1</b>	Introduction to mhGAP 1.1. Essential care and Practice 1.2. Social Determinants of Health 1.3. Mental Health and NCDs
<b>Module 2</b>	2.1. Depression 2.2. Other Medically Unexplained Complaints 2.3. Stress 2.4 Self-harm and Suicide
<b>Module 3</b>	3.1. Dementia 3.2. Epilepsy
<b>Module 4</b>	4.1. Psychosis
<b>Module 5</b>	5.1. Framework for working with Children and Adolescents 5.2. Developmental Disorders 5.3. Behavioral Disorders
<b>Module 6</b>	6.1. Disorders due to Substance Use
<b>Final assignment</b>	



- **Offered in English**
- **22<sup>nd</sup> May- 30<sup>th</sup> October: 22 weeks and 180 hours**
- **The interactive training will combine virtual, self-directed, peer-to-peer and tutoring-based approaches**
- **Learning activities on the various topics of study include programmed literature reviews, case studies, webex sessions, assignments and, quizzes.**

## 2017 mhGAP VIRTUAL COURSE | REQUIREMENTS

- Participants must be **primary care practitioners** from the English, French and Dutch-speaking **Caribbean countries and territories** interested in:
  - improving their knowledge, skills and attitudes on the topic of mental health; and
  - playing a supporting role in actual practice change and integration of MH into their respective primary care practices.
- The course lasts **22 weeks**, with individual and activities, as well as orientation and support from the course tutors.
- Participants must receive **written support from work supervisors** of the institution to which they belong.

## 2017 mhGAP VIRTUAL COURSE | REQUIREMENTS

- Dedicate approximately **eight to ten hours a week** of work to the different synchronous and asynchronous activities, as well as turning in written assignments and course work in a timely manner.
- Provide facilities for **computer and Internet access**.
- While participation schedules are flexible, the **overall agenda of the course activities must be met**.
- **Call for applications** will close on 28 April 2017.
- The **final selection** of participants will be done by the general coordination of the course in collaboration with the Mental Health Unit of the Pan American Health Organization.

# THANKS!

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