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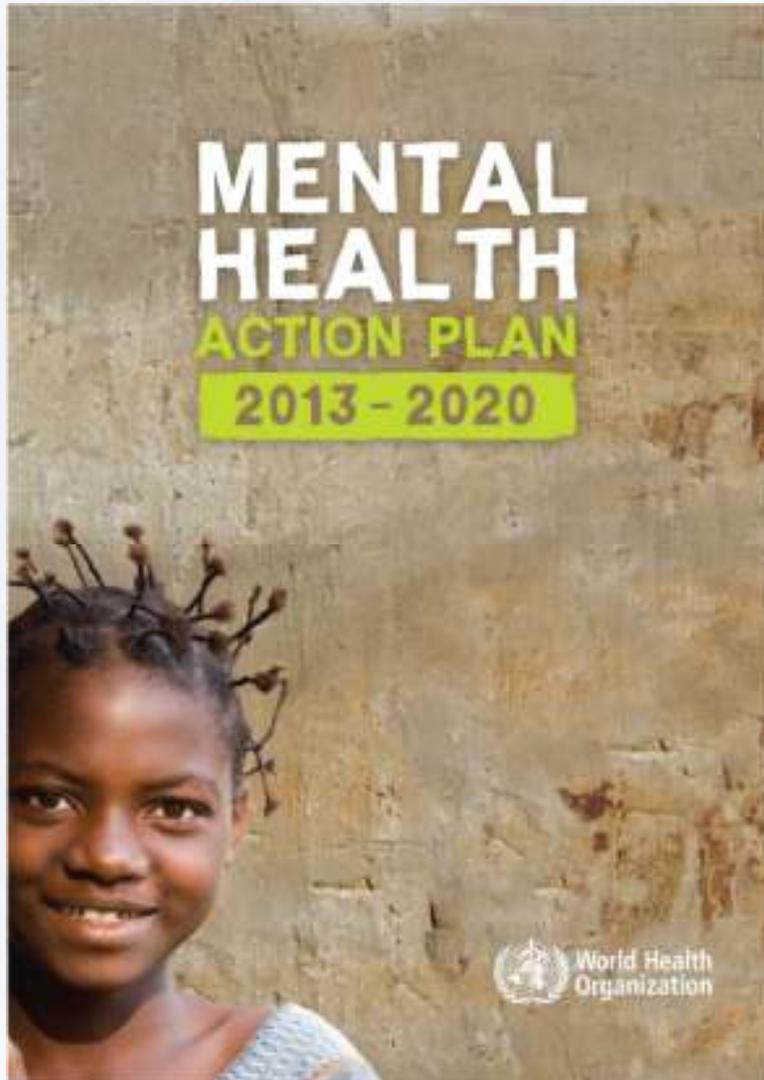
Mental Health Action Plan

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2015

Santiago, Chile, October 14th,

WHO and PAHO



WHO Comprehensive MH Action Plan

PAHO Regional MH Action Plan

1. Leadership and governance
2. Community-based mental health and social care services
3. Promotion and prevention
4. Information systems, evidence and research



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Strategic line of action 1 :

LEADERSHIP AND GOVERNANCE

| Objective | Indicator | Baseline (2013) | Target (2020) | ATLAS (2015) |
|--|---|-----------------|---------------|----------------------------------|
| 1.1. Develop and implement national policies or plans for mental health and mental health promotion that are aligned with regional and global mental health plans. | 1.1.1 Number of countries that have a national mental health policy or plan in line with regional and global mental health plans. | 22 | 30 | 26 (out of 32 who reported data) |
| 1.2. Draft and implement national mental health laws consistent with international human rights instruments. | 1.2.1 Number of countries that have national mental health laws consistent with international human rights instruments. | 8 | 18 | 16 (out of 24 who reported data) |



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MH Polices- Summary

- **81%** have a stand-alone MH policy or plan
- **85% developed** or updated them within the **past 10 years** (since 2005)
- **81% partial** or **full implementation**
- **81% high compliance** with **human right standards** (65% maximum score of five)

50% have a stand-alone policy, which was **updated within the past 10 years** and is **partially or fully implemented** and has a **satisfying compliance with human rights standards**



Legislation - Degree of Implementation

- Only in about a fifth of the countries (**20%**) **legislation is not developed** or if available is **not implemented**
- **Year of approval:**
 - **38%** approved the mental health legislation **before 1990**
 - **6%** in the period **1991-2000**
 - **44%** in the period **2001-2010**
 - **13%** since **2010**



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Stakeholder Involvement

| Domain | Measure | Not implemented | Partially implemented | Fully implemented |
|-------------------|--|-----------------|-----------------------|-------------------|
| Information | Ministry of Health gathers and disseminates information about organizations of persons with mental and psychosocial disabilities, and of families and carers | 42% | 35% | 23% |
| Policy | Ministry of Health has developed and published a formal policy on the participation of persons with mental and psychosocial disabilities in the formulation and implementation of mental health policies, plans, legislation and services. | 26% | 55% | 19% |
| Early involvement | Persons with mental and psychosocial disabilities, as well as families and carers, are involved from the beginning of the formulation and implementation of mental health policies and laws, and given adequate notice. | 39% | 45% | 16% |
| Participation | Ministry of Health systematically involves persons with mental and psychosocial disabilities in planning, policy, service development and evaluation: the majority of committees and subcommittees developing the above areas have representation of an organization of persons with mental and psychosocial disabilities or at least one person with a mental and psychosocial disability | 55% | 39% | 6% |
| Resources | Ministry of Health reimburses costs of participation of persons with mental and psychosocial disabilities and provides resources to allow participation (physical location, transport, remuneration or reimbursement of expenses, interpreters, attendant carers and meeting support personnel) | 39% | 35% | 26% |

Service users and families



Brasilia, October 2013



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Strategic Line of Action 2: COMMUNITY-BASED SERVICES

| Objective | Indicator | Baseline (2013) | Target (2020) | ATLAS (2015) |
|---|---|-----------------|---------------|---------------------------------------|
| 2.1 Increase outpatient service coverage for mental health. | 2.1.1 Number of countries that have increased the rate of persons seen in outpatient mental health facilities above the regional average. | 19 | 30 | 9 (out of 18 who reported data) |
| 2.2. Reduce role of psychiatric hospitals. | 2.2.1 Number of countries where psychiatric hospitals have reduced the number of beds by at least 15%. | 0 | 10 | Decrease of the total median of 83.3% |
| 2.3. Integrate mental health component into primary care. | 2.3.1 Number of countries that have integrated a mental health component into primary care. | 15 | 25 | 16 |



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Mental health services organization

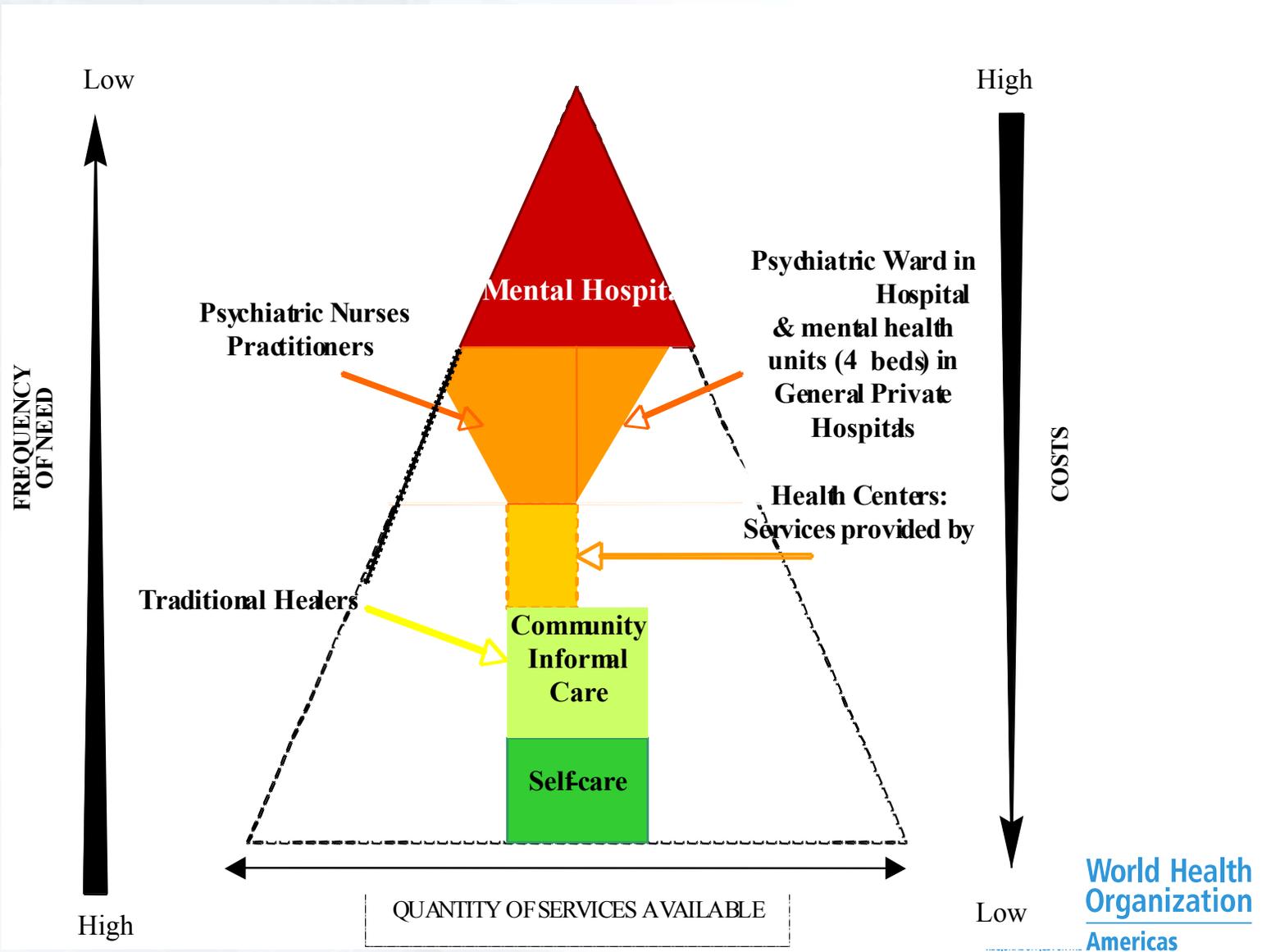


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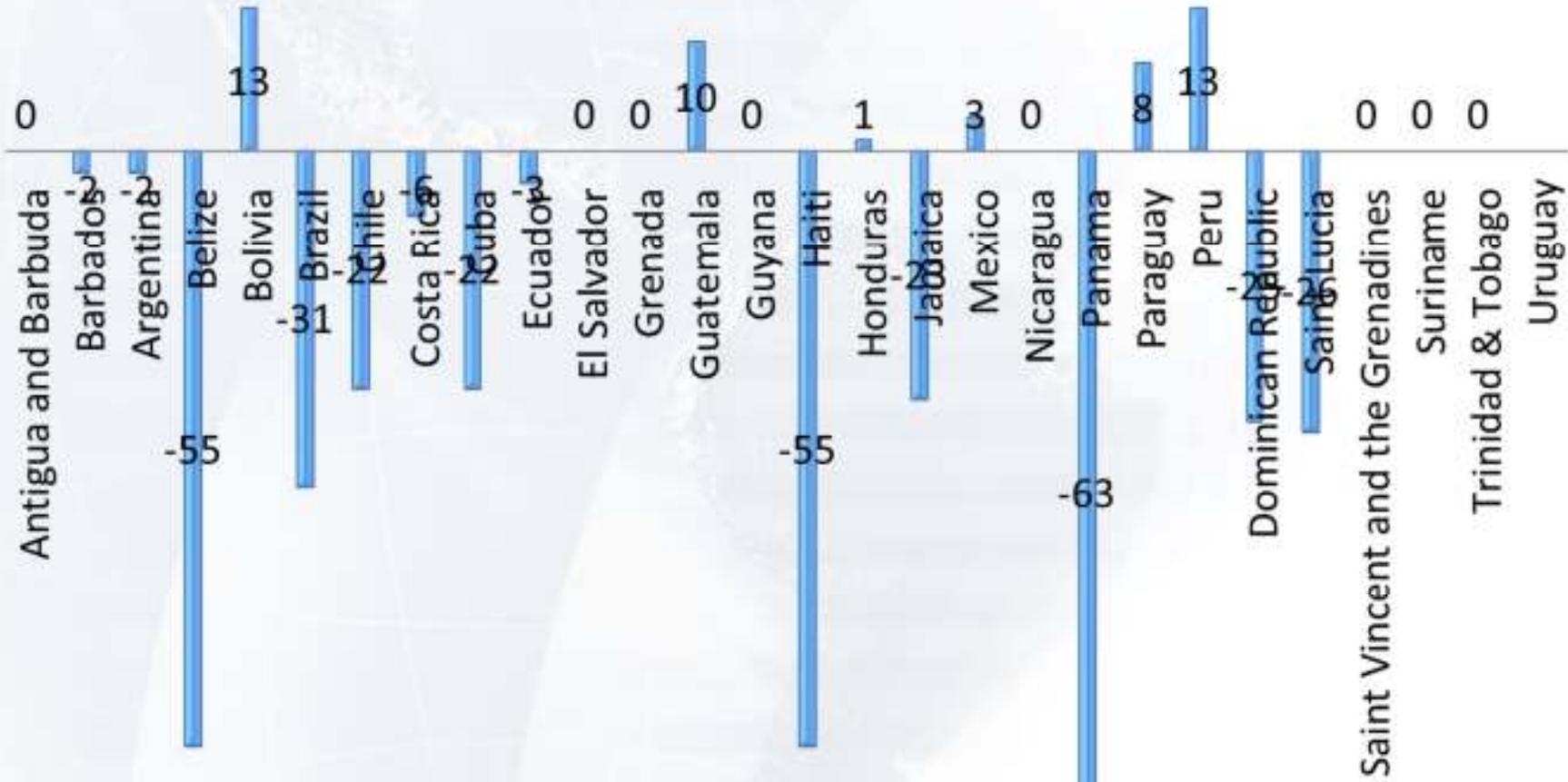


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Un ejemplo



% de disminución o aumento de camas en hospitales psiquiátricos



Mental Hospitals

Length of stay

| | Median of all countries (N=9) | Central America, Mexico and the Latin Caribbean (N=3) | South America (N=3) | Non-Latin Caribbean (N=3) | Canada and United States (N=0) |
|------------------------------------|-------------------------------|---|---------------------|---------------------------|--------------------------------|
| Patients staying less than 1 year | 29% | 29% | 51% | 16% | UN |
| Patients staying 1-5 years | 15% | 0% | 37% | 7% | UN |
| Patients staying more than 5 years | 66% | 71% | 9% | 77% | UN |

One in three admissions are involuntary (N= 9)



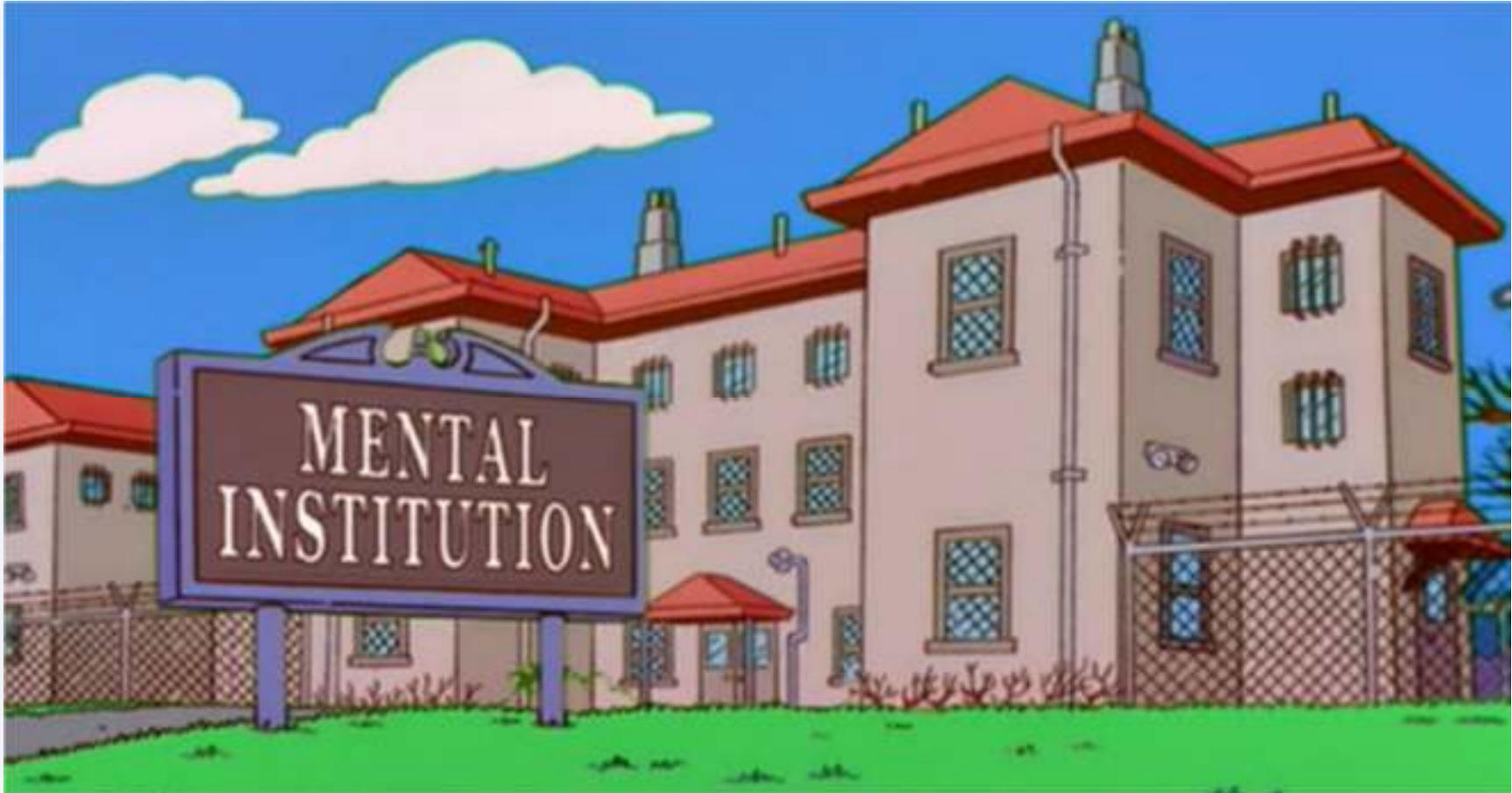
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- For patients staying 1-5 years = 62% male - 38% female

Un hospital como respuesta...



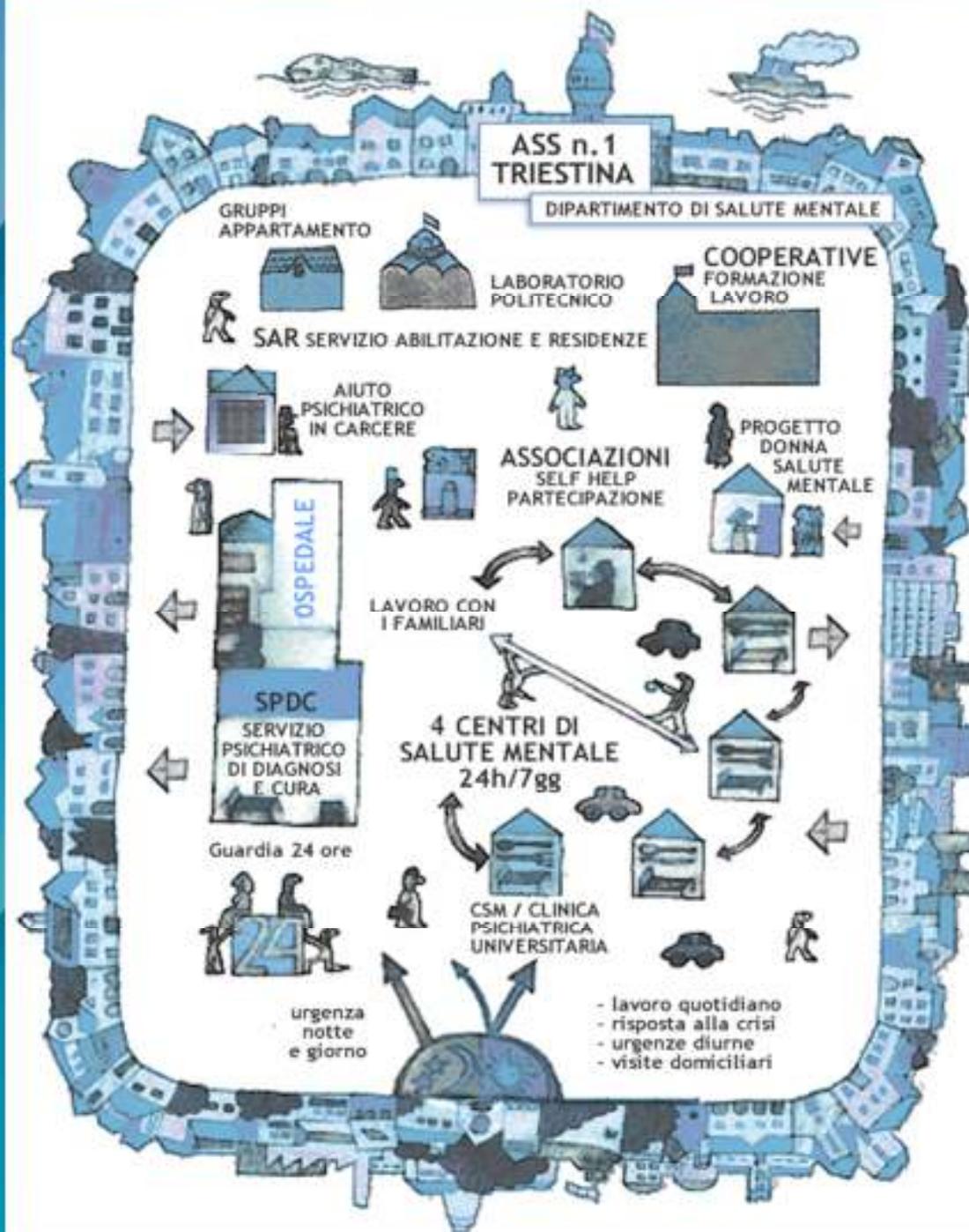
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Organización de servicios SM

Servicios que se desarrollan de acuerdo a las necesidades de las personas



Modelo red de salud mental y psiquiatría

(Rafael Sepúlveda, MINSAL Chile)



mhGAP in LAC

December 2014

| Countries | mhGAP conditions | | | | | | | | | | | |
|---------------|------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|------------|
| | DEP | PSY | EPI | DES | CON | DEM | ALC | DRU | SUI | OTH | TBP | STR |
| Argentina | 35 | 35 | | | | | | | | | | |
| Bahamas | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | | |
| Belize | 28 | 8 | 8 | 8 | 8 | 8 | 28 | 8 | 8 | 8 | | 20 |
| Bolivia | 30 | | | | | | | | | 30 | | |
| Colombia | 41 | | | | | | | | 41 | | | |
| Costa Rica | 450 | 450 | 450 | 450 | 450 | 450 | 450 | 450 | 450 | 450 | | |
| Cuba | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
| Ecuador | 65 | | 25 | 25 | | | 65 | | 25 | | | |
| El Salvador | 413 | 413 | 293 | 128 | 128 | 280 | 413 | 413 | 378 | 128 | 100 | |
| Grenada | 29 | 29 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Guatemala | 27 | 14 | 51 | 14 | | | 14 | | 14 | 27 | | |
| Honduras | 351 | | 354 | | | | | | | 350 | | |
| México | 1322 | 1105 | 992 | 992 | 992 | 992 | 920 | 992 | 992 | 1322 | | 336 |
| Nicaragua | 25 | | | | | | 25 | | 25 | | | |
| Panamá | 215 | 71 | 242 | 115 | 115 | 68 | 98 | 98 | 130 | 242 | | 10 |
| Paraguay | 65 | | | | | | 65 | 40 | | 40 | | |
| Perú | 276 | 76 | 36 | 36 | 36 | 36 | 276 | 206 | 276 | 116 | | |
| R.Dominic. | 30 | 30 | 1 | 17 | 17 | 17 | 30 | | 30 | 1 | | |
| St. Kitts & N | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | | |
| St. Vincent | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | | |
| Total | 3413 | 2288 | 2502 | 1804 | 1804 | 1909 | 2420 | 2282 | 2405 | 2789 | 100 | 366 |

Some of the countries...



Peru



Honduras



Mexico



Nicaragua



Caribbean Countries



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Strategic Line of Action 3: PROMOTION AND PREVENTION

| Objective | Indicator | Baseline (2013) | Target (2020) | ATLAS (2015) |
|---|---|-----------------|---------------|--------------|
| 3.1. Implement mental health promotion and prevention programs. | 3.1.1 Number of countries with operational multisectoral mental health promotion and prevention programs. | 20 | 25 | 22 * 14** |
| 3.2. Implement mental of suicide prevention programs. | 3.2.1 Annual number of suicide deaths per 100,000 population. No increase in the regional suicide rate by 2020 compared to 2013. | 7.3/100,000 | - | 7.8/100,000 |
| | 3.2.2 Number of countries that develop and implement national suicide prevention programs. | 6 | 20 | 8 |

* 22 countries reported having a promotion and prevention program

** 14 countries had a functional and multisectoral program



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Suicide rates

| Report | Years data refers to | Number of suicides per year per 100,000 population |
|---|----------------------|--|
| Suicide mortality in the Americas | 2005-2009 | 7.3 |
| WHO-AIMS | 2006-2011 | 7.3 |
| Preventing suicide: a global imperative | 2012 | 6.1 |
| Mental Health Atlas | 2013 | 7.8 |



Suicide Rates



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Strategic Line of Action 4: INFORMATION SYSTEMS, EVIDENCE AND RESEARCH

| Objective | Indicator | Baseline (2013) | Target (2020) | ATLAS (2015) |
|---|--|-----------------|---------------|--|
| 4.1 Strengthen information systems by integrating a basic set of mental health indicators that are systematically compiled and reported annually. | 4.1.1 Number of countries with a basic set of agreed upon mental health indicators, systematically compiled and reported annually. | 21 | 30 | 25 (out of 31 countries who reported data) |

TOTAL 22 countries

- 12 countries compiled MH data for general health statistics
- 8 countries published a specific report on MH activities in the public sector
- 4 countries published a specific report on MH activities in both public AND private sector



Los países avanzan... de Lady M. en una institución



Photo: © Mental Disability Rights International



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A...

Lady M. en una casa de medio camino



Photo: © Aliriza Arenliu



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1990

THE CARACAS DECLARATION

they call upon

to support the restructuring of psychiatric care,

to assure its successful development for the benefit of the populations in the Region.



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2005

THE BRASILIA PRINCIPLES

THE CONVENERS OF THIS CONFERENCE
HAVE DECIDED TO JOIN EFFORTS:

1. To work towards a call for a Regional Meeting of Ministers of Health to formulate a Regional Plan of Action with precise aims and goals;



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2010



Panama Consensus

The decade of the leap toward the community: for a Hemisphere with no insane asylums in 2020

Done in Panama City, on the 8th day of October 2010.



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2015

SANTIAGO.....

