



Promoting Population Mental Health and Wellbeing: Is resilience enough?

Copenhagen, 23 November 2016

Professor Margaret Barry

WHO Collaborating Centre for Health Promotion Research
National University of Ireland Galway
Ollscoil na hÉireann Gaillimh

Overview

- •Present policy and practice frameworks for promoting population mental health and wellbeing, addressing evidence-based strategies for effective action across the lifespan
- •Consider the relationship between adopting a mental health promotion approach and a resiliency framework for guiding effective action

Promoting population mental health

- The promotion of good mental health leads to lasting benefits for the improved health and social functioning of individuals, families and society
- Compelling evidence that mental health promotion and primary prevention interventions (WHO, 2013)
 - reduce risk factors for mental disorders
 - enhance protective factors for good mental and physical health
 - lead to lasting positive effects on a range of social and economic outcomes -> academic performance, employment and social wellbeing
- Convincing social and economic case for investing in population mental health and wellbeing

Conceptualising mental health

Mental health may be defined as:

"a state of emotional and social well-being in which the individual realises his or her own abilities, can manage the normal stresses of life, can work effectively, and is able to play a role in his or her community "(WHO, 1999)

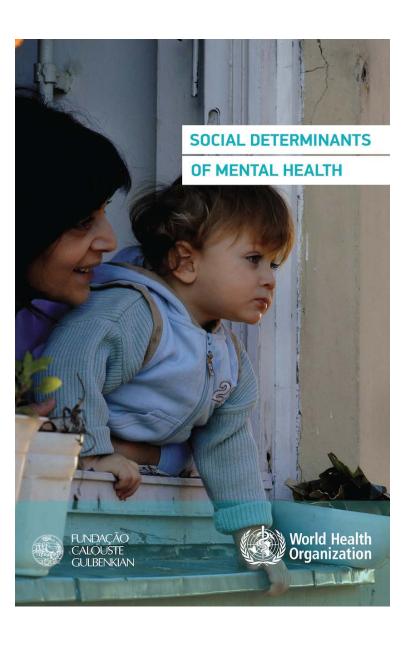
- •Concept of positive mental health (Keyes, 2002; Huppert, 2005; Ryff et al., 2006)
 - subjective wellbeing and life satisfaction
 - o positive functioning, engagement and social wellbeing
- Keyes' concept of 'flourishing'
 - abilities to develop psychologically, physically, emotionally, intellectually, socially and spiritually

Adopting a mental health promotion approach

- Mental health promotion is concerned with promoting positive mental health and enhancing social and emotional wellbeing across the lifespan
- Positive resource for life -> positive life outcomes
- Early years lay the foundation for good mental health across the life cycle
- Mental health is created where people live their lives
- broadening our concept and understanding of what constitutes good mental health and how it can be promoted

More than Resilience?

- Resilience process of coping with and positively adjusting to adverse life events
 - ability to adjust and thrive regardless of the presence of a stressful environment (Masten, 2001)
- Resiliency factors internal (personal strengths and competencies) and external factors (peers, family, environment)
- Mental health promotion goes beyond resiliency frameworks
 - not limited to actual or potential adversity
 - promote optimal functioning irrespective of adversity
 - socio-ecological approach broader determinants of mental health and wellbeing



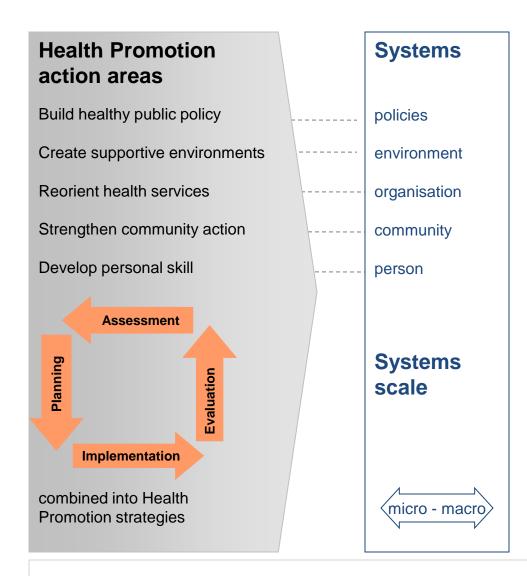
WHO & Calouste Gulbenkian Foundation (2014) *Social Determinants of Mental Health*

"Mental health and many common mental disorders are shaped to a great extent by the social, economic, and physical environments in which people live"

- •calls for actions to improve the conditions of daily life
- •whole of government and whole of society approach – comprehensive and universal actions across the life course, multiple sectors and levels
- ➤ policy making at all levels of governance and across sectors can make a positive difference to mental health outcomes

Addressing the Social Determinants of Mental Health

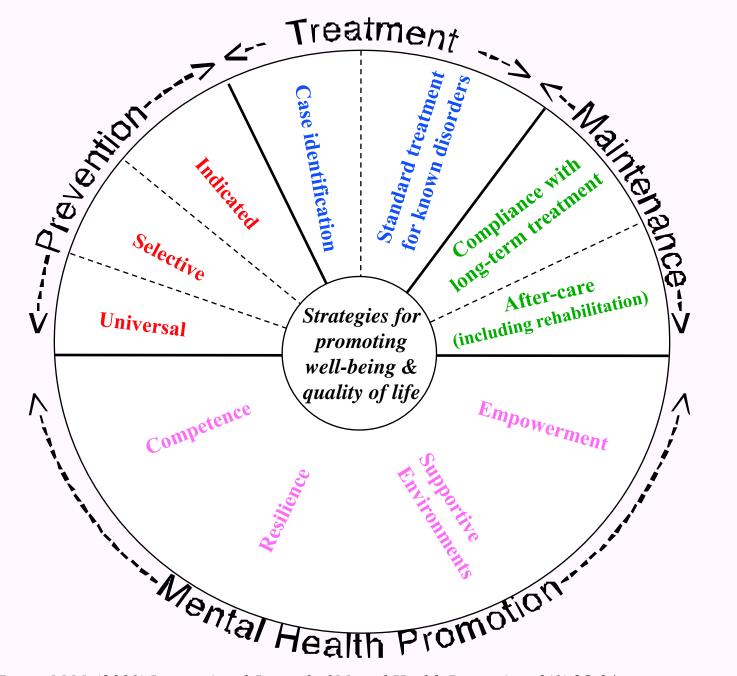
- Strengthen individuals and families social and emotional skills development, resilience, coping and life skills, sense of control (OECD, 2015 Skills for Social Progress)
- Strengthen communities social support, sense of connectedness and inclusion, social participation, citizenship
 - > civil society engagement
- Reorient health services to mental health promotion and prevention as well as treatment and rehabilitation
 - mainstreaming universal interventions
- Remove structural barriers to mental health at a societal level – culture, economic and social policies
 - mental health in all policies approach



Health Promotion Socio-ecological Model (Ottawa Charter, WHO, 1986)

The process of enabling people to increase control over their health and the determinants of health

Health Promotion Principles (participation, empowerment, equity, social justice)



Barry, M.M. (2001) International Journal of Mental Health Promotion, 3(1) 25-34.

Mental Health Action Plan 2013-2020 (WHO, 2013)

"The essential role of mental health in achieving health for all"

- •comprehensive strategies for promotion, prevention, treatment and recovery in a **whole-of-government** approach
- •to protect and promote the **mental wellbeing** of all citizens
- •responsibility extends across **all sectors** and all government departments
 - mainstreaming mental health into public health, poverty reduction, economic development and social policies

 The Helsinki Statement on Health in All Policies (HiAP) (WHO, 2013) & Framework for Country Action

"HiAP is an approach to public policies across sectors that systematically takes into account the health implications of decisions, seeks synergies, and avoids harmful health impacts in order to improve population health and health equity"

accountability of policymakers for health impacts at all levels of

policy-making

- A whole-of-government approach
 - Positioning of mental health and wellbeing in the political, economic and social sphere
 - Governance for mental health and wellbeing priority for more than the mental health sector
 - Policy coherence cross-sectoral responsibility for mental health equity and wellbeing
 - Addressing the social determinants of mental health and tackling health inequities
 - intersectoral action, participatory policy processes, leadership

- Whole-of-society approach
 - Citizen empowerment enabling control and agency
 - Engaging a wider set of actors for intersectoral action
 - education, welfare, transport, environment, housing, employment
 - Focus on wellbeing promotion of social inclusion and cohesion, reducing poverty and inequity, flourishing society
 - arts and culture, sports, urban design, local authorities, media, economic and social policy, local communities
 - participation of the wider community in creating supportive environments for wellbeing and positive mental health

Evidence Based Actions

- Identifying priority actions or 'best buys'
- Policies and interventions for which there is evidence of their cost effectiveness and their feasibility in terms of cultural acceptability and capacity to be delivered by existing systems (Carter et al., 2000)
- Interventions that cover population groups across the lifespan from infancy to adulthood and include actions, which can be delivered across different settings and delivery platforms

Evidence Syntheses

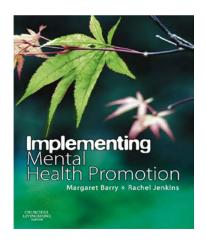
WHO Evidence Brief on Implementation of Global Mental Health Action Plan

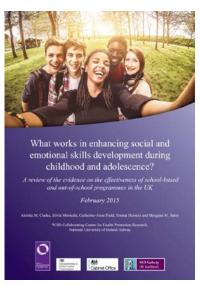
in the Eastern Mediterranean Region
Barry, Clarke & Petersen (2015) *Promotion of Mental Health and Primary Prevention of Mental Disorders:*Priorities for Implementation. EMHJ 21(6), 424-432

Barry, Clarke, Jenkins & Patel (2013) - systematic review of the evidence in LMICs.

BMC Public Health, 13:835

Clarke, Morreale, Field, Hussein & Barry (2015)
What works in enhancing social and emotional skills
development during childhood and adolescence?
Report for the Early Intervention Foundation &
the UK Cabinet Office





PLATFORM •Delivery Channel		Core set of actions	Evaluation	Evidence
POPULATION				
•	Legislation / regulation)	 Laws & regulation to reduce demand for alcohol use [taxes, restrictions to access, ad bans, enforcement of BAC limits] Laws to restrict access to means of self-harm/suicide Integrate mental health into Occupational Health and Safety regulations 	Best buyBest buyGood buy	 Sufficient evidence from HIC & LAMIC Sufficient evidence from HIC & LAMIC Sufficient evidence from HIC. Promising
•	Information / awareness	 Mass promotion public awareness campaigns to improve mental health literacy & reduce stigma 	Good buy	 evidence from LMIC Sufficient evidence from HIC. Insufficient evidence from LAMIC
COMMUNITY		improve mentar nearth interacy & reduce stigina		Cyluchice Holli Balville
•	Workplaces	 Integrate mental health into workplace Health and Safety practices 	Good buy	Sufficient evidence from HIC. Promising evidence from LAMIC
•	Schools	 Universal Socio-Emotional Learning (SEL) programmes adopting whole school approaches Selective classroom based interventions (CBI) for vulnerable children 	Best buyBest buy	 Sufficient evidence from HIC & LAMIC Sufficient evidence from HIC & LAMIC
•	Community	 Preschool education and community-based parenting programmes Multi-component out-of-school youth empowerment programmes Economic and/or health empowerment programmes for families living in poverty Parenting and family strengthening for school-going children (3-16 years) 	Good buyGood buyGood buyGood buy	 Sufficient evidence from HIC & promising evidence from LAMIC Promising evidence from LAMIC Promising evidence from LAMIC Sufficient evidence from HIC & promising evidence from LAMIC
HEALTH CARE				
•	Primary health care (including community outreach)	 Promote infant & maternal mental health (incl parenting skills) as part of routine antenatal and postnatal care and home visitation programmes Training primary health care providers in opportunistic mental health promotion and prevention interventions for adults and older people 	Best buyGood buy	 Sufficient evidence from HIC & LAMIC Sufficient evidence from HIC & promising evidence from LAMIC

Cost-effective actions

- High quality studies that parenting, home visiting, pre-school and school-based interventions that incorporate social and emotional skills development lead to significant positive outcomes for both children and their parents, with those most at risk making the greatest gains
 - empowering parents and young people and enhancing their social and emotional wellbeing and resilience
 - produce substantial societal returns on investment
- Example: Nurse-Family Partnership programme for low-income women bearing their first child (Olds, Sadler & Kitzman, 2007); Perry Pre-school project (Schweinhart et al., 2005); SEL programmes (Durlak et al., 2011)
 - positive findings from multiple randomised controlled trials –long-term follow-up
 - wide ranging impacts education, employment, health and criminal behaviours
- Scaled up initiatives: Sure Start in the UK
- Successful delivery of interventions by non-professionals in both high and low income countries (Barry et al., 2013)

Promising Evidence

- Interventions to facilitate re-employment Jobs programme/Tyohon Job Search programme in Finland (Vuori & Silvonen, 2005)
- Positive ageing psychosocial interventions to reduce social isolation volunteering, befriending, intergenerational programmes and targeted outreach (Forsman et al., 2011)
- Community-based bereavement mutual support programmes (Widow-to-Widow programme)
- Urban regeneration, housing improvement, fuel poverty
- Social prescribing for people living with mental health problems;
 supported employment initiatives recovery approaches
- Wider public policy measures to reduce health and social inequities and poverty

Whole of government approach

- cross-sectoral responsibility for addressing the social determinants of mental health and tackling health inequities
- priority for more than the mental health sector policy coherence

Whole of society approach

- engaging a wider set of actors for intersectoral action education, welfare, transport, environment, housing, employment
- multisectoral partnerships identifying and creating synergies to promote and enhance mental health - flourishing society
 - arts and culture, sports, urban design, local authorities, media, economic and social policy
- participation of all of government and the wider community in creating the conditions for positive mental health and wellbeing

Implementing Mental Health Promotion

- Working across sectors to implement mental health promotion actions
- Ensure access to resources and life opportunities
 - supportive relationships, education, employment, income, housing, social inclusion
 - addressing social inequity, injustice, poverty, stigma and discrimination that deny access to life opportunities
- > intersectoral action, participatory policy processes
- extends beyond strengthening individual resiliency

Unlocking the potential in other sectors



Capacity Development

- Strengthen capacity to deliver on mental health and wellbeing in all policies
- Policy and decision-makers engage in multisectoral policy development and implementation
- Strengthening effective implementation through partnerships with other sectors to effect systems change
- Ensuring that the conditions that create and protect positive mental health and wellbeing are accessible to all

Sustainable Action

