

---

# The process of deinstitutionalization of services of the mental health system - what is it, how does it proceed in different countries and what does it teach us?

Conference on: Mental Health Centers - revolution or evolution in the system?  
30 September 2022

Wrocław, University of Lower Silesia

**Dr Ledia Lazëri**

**Regional Advisor for Mental Health**

**WHO Regional Office for Europe**



European Region

---

# What is the problem with psychiatric long-term institutions?

- They are inefficient
- They are too frequently inhumane
- Where existing, they continue to consume the majority of mental health budgets

## World mental health report

Transforming mental health for all



European Region

#TransformingMentalHealth  
#WorldMentalHealthReport



# Epidemiology

Mental health needs are high.



**1 in 8**

**people** live with a mental disorder



**52.4%** females  
**47.6%** males

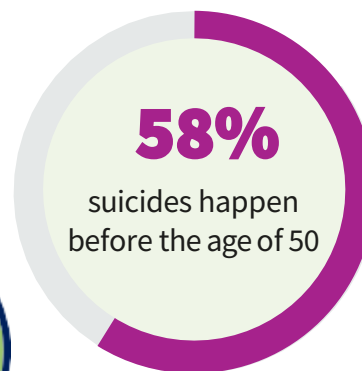


**1 in 100**  
deaths are suicides

**14%** of the world's adolescents



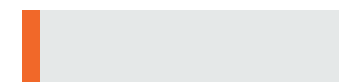
People with severe mental health conditions die  
**10 to 20 years**  
earlier than the general population



**1 in 6**

**years lived with disability** are attributable to mental disorders

Mental disorders account for **129 million** DALYs



or **5.1%** of the global burden

# Key gaps

Responses are insufficient and inadequate.

## INFORMATION GAP



- Data and research on mental health are **lacking**. In Europe, only 74% and 65% of countries **disaggregated data by age and sex**, respectively

## GOVERNANCE GAP



- In Europe, Implementation of MH policy/plan aligned with **human rights** instruments is low (34%)

## RESOURCES GAP



- In Europe, **3.6% of general governmental health expenditure per capita** goes to mental health

## SERVICES GAP



- Most people with mental health conditions go **untreated**

# Key principles

Mental health is critically important for everyone, everywhere.

- Mental health is integral to our general well-being.
- Everyone has a right to mental health.
- Mental health is relevant to many sectors and stakeholders.

Mental health is important to:

**CONNECT**



**FUNCTION**



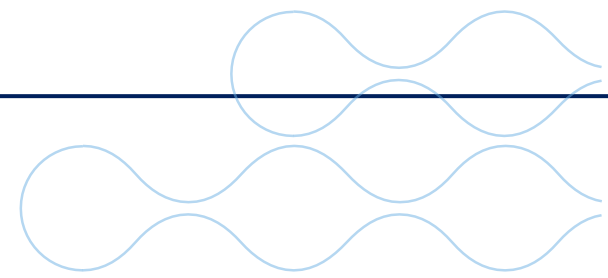
**COPE**



**THRIVE**



# Barriers to demand



All too often people are reluctant or unable to seek help.

## **POOR SUPPLY**

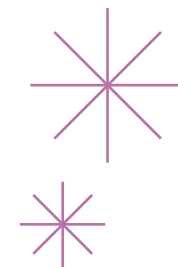
- Unavailable
- Inaccessible
- Unaffordable
- Low quality

## **LOW MENTAL HEALTH LITERACY**

- Lack of knowledge and understanding
- Prevailing beliefs and attitudes

## **STIGMA**

- Stereotyped views
- Fear, shame and contempt
- Human rights violations
- Discrimination and exclusion



# COVID-19 and mental health

Mental health has been widely affected.

## New mental health stressors

- + Potential health impacts
- + Public health and social measures

## Service disruptions

**44%** countries reported disruptions to mental health care in early 2022

## Widespread distress

**28%**

rise in major depressive disorders

**26%**

rise in anxiety disorders





# Human rights

Preventing human rights violations.

## Action against stigma, discrimination and abuse

- Strategies to shift attitudes, strengthen rights and reshape care environments

## Autonomy in decision-making

- Supporting people to exercise their own choices

## Social contact

with people with lived experience is the **most effective** anti-stigma strategy

## Supported decision-making

can help reduce involuntary admission and coercive treatment

## QUALITYRIGHTS

- Capacity-building to combat stigma
- Creating rights-based services
- Supporting civil society movements
- Reforming laws and policies



# Advancing public health

Good mental health is fundamental to any individual's health and well-being.

## Reduced suffering

- Evidence for investment exists for all resource contexts

## Improved physical health

- Comorbidity is the rule rather than the exception

**US\$ 1**

per capita  
annually

Evidence-  
based care  
for priority  
conditions

**5 000**

fewer YLDs  
per million

# Knowledge and commitment

Three types of commitment are needed to drive the mental health agenda.

## EXPRESSED

Public expressions of support

## INSTITUTIONAL

Policies, plans and programmes to realize stated intent



## BUDGETARY

Sufficient resources allocated for implementation

## Wroclaw

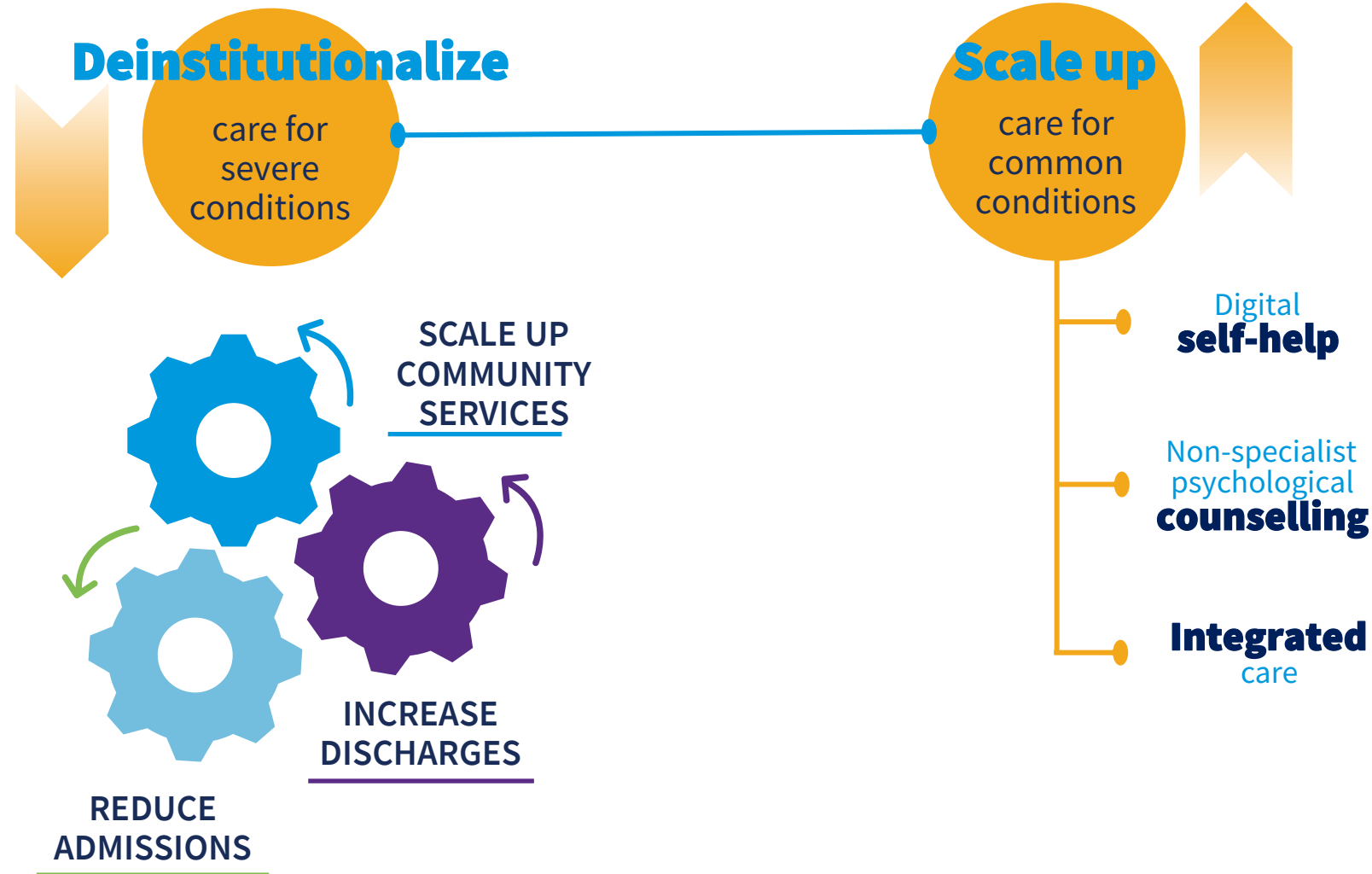
Open Dialogue

Diversification of Mental Health Services

Plans for expansion of community care

# Community-based care

Deinstitutionalization and scaling up mental health care are both important.



# Integrated services

Integrated care is feasible, affordable and cost-effective.

**PRIMARY  
HEALTH CARE**

**GENERAL  
HOSPITALS**

**Integrate**  
mental health  
into HIV care

## APPROACHES

- **Task-sharing** with general health care workers
- **Adding** dedicated mental health staff to non-specialist settings

**Reduce  
infection**  
rate for HIV by  
up to 10–17%

# Beyond the health sector

Other sectors have a role in complementing health care with social services.

## NON-HEALTH SETTINGS

- Early detection and intervention in **schools**
- Mental health care in the **justice system**

**70%**

adolescents in the juvenile justice system have at least one mental health condition

## KEY SOCIAL SERVICES

- **Child protection**
- **Education** and training
- Supported **housing**
- Access to **employment**
- **Social benefits** including for maternity, disabilities, unemployment and pensions

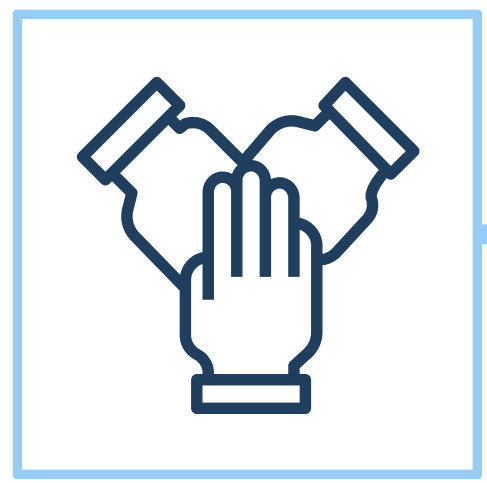
Protected homes complement community mental health centres and specialized units in general hospitals

# How are we addressing this in Europe?

## BRING MENTAL HEALTH OUT OF THE SHADOWS



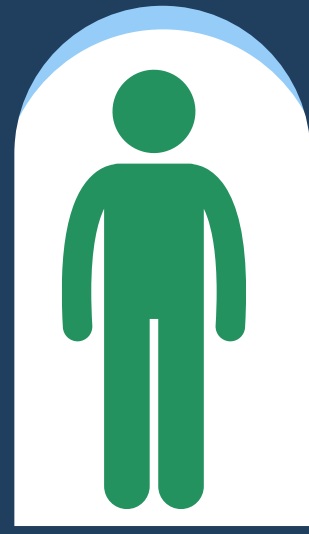
**The Pan-European Mental Health Coalition**



Develop an MH leadership package  
– capacity building for stakeholders

Transform MH services:  
MH into PHC, MH workforce, community-based services

Integrate MH in EPRR



Promote MH in the workplace

MH of children, adolescents and young people -- anti-stigma, suicide prevention, mental health literacy, QoC

MH and wellbeing of older adults

### MENTAL HEALTH DATA



---

**You are invited to join the Coalition**  
**<https://www.who.int/europe/initiatives/the-pan-european-mental-health-coalition>**

**Write to [EUROMHCoalition@who.int](mailto:EUROMHCoalition@who.int)**