



19th ASEAN Japan High Level Officials Meeting on Caring Societies

Friday 10 December 2021

"Approaches to maintaining mental well-being in response to COVID-19".

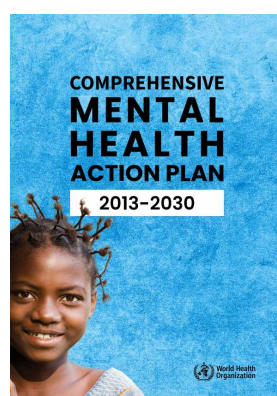
Future policies and support services

Mental Health and Substance use Unit
Division of Programmes for Disease Control (DDC)
World Health Organization Regional Office for the Western Pacific
Manila, Philippines

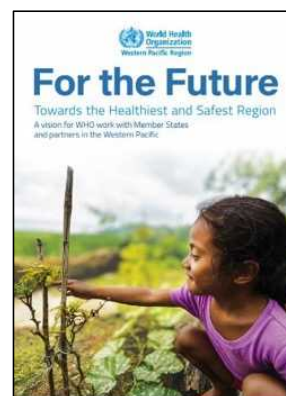
WHO related mandates



END OF IMPLEMENTATION PERIOD IN 2020
Health systems and whole-of-government approach – underpinned by a social movement – as a strategic approach to the management of priority conditions
<https://iris.wpro.who.int/handle/10665.1/10893>

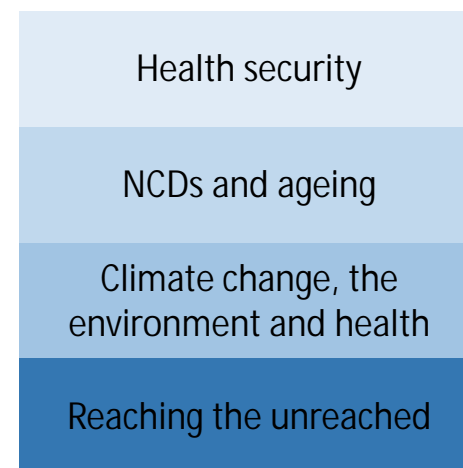


EXTENSION OF IMPLEMENTATION PERIOD TO 2030
With updated targets and actions (Appendix I and II)
Promoting Mental Health Preparedness and Response for Public Health Emergencies
<https://www.who.int/publications/i/item/9789240031029>



MENTAL HEALTH HIGHLIGHTED ALONGSIDE NONCOMMUNICABLE DISEASES AND AGEING, HEALTH SECURITY, CLIMATE CHANGE AND REACHING THE UNREACHED
Thematic priorities and operational shifts represents a strategic opportunity
<https://iris.wpro.who.int/handle/10665.1/14476>


THEMATIC PRIORITIES



OPERATIONAL SHIFTS

- Finding new approaches to meet future challenges (innovation)
- Working backwards from the longer-term goal (backcasting)
- Taking a systems approach, with UHC as the foundation
- Building solutions from the ground up (ground up)
- Driving and measuring country impact
- Promoting health, beyond the health sector
- Strategic communications

THE PROBLEM



Overemphasis on mental illness over mental health and wellbeing

- Improving wellbeing and promoting mental health has not been a priority at all levels of governance.
- In most communities, there is a limited understanding of mental health.
- There is low acceptance or demand for services that in general do not consider the needs of individuals and communities beyond a diagnosis and clinical interventions.
- The COVID-19 pandemic has caused prolonged psychosocial stress affecting different populations.

Overemphasis on scaling up services instead of quality improvement

- Services and resources are focused on providing specialized care in institutionalized settings instead of community-based care and settings.
- Mental health professionals focused mainly on diagnosis and curative care.
- Mental health services are of poor quality in many places, and do not provide the necessary social support to maintain mental health and wellbeing.

Narrow focus and scope of mental health

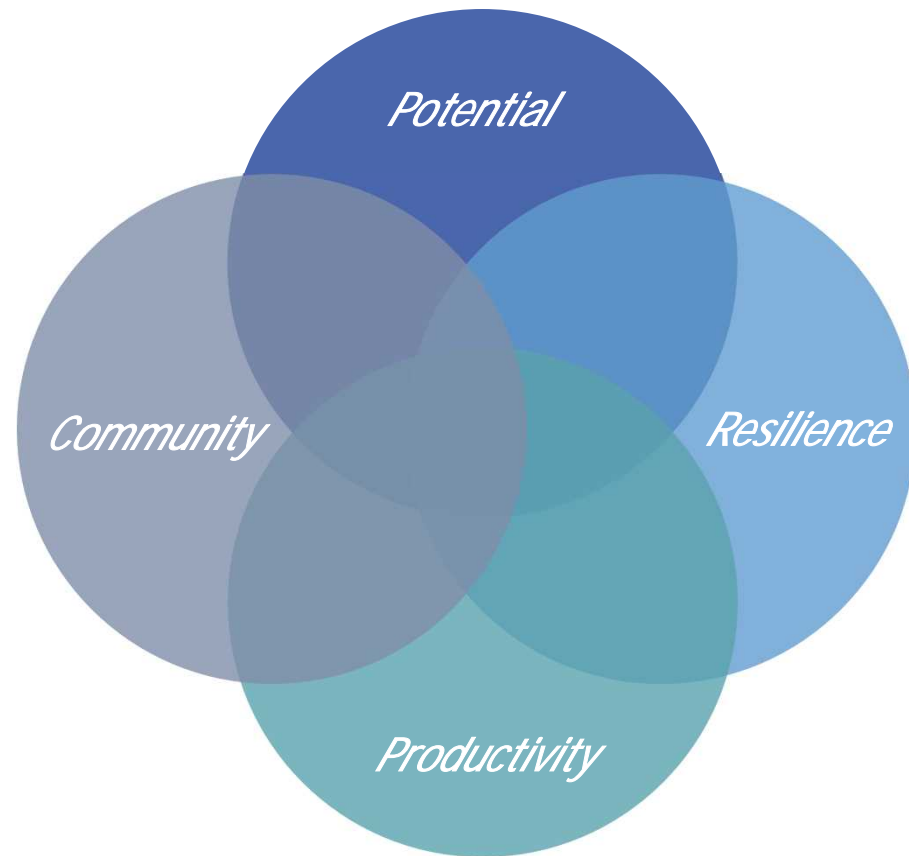
- Socioeconomic and demographic transitions impacting on prevalence of mental disorders.
- Stigma leading to poor help seeking behavior.
- Inadequate leadership and vision for mental health in and outside the health sector.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity

WORLD HEALTH ORGANIZATION (1946)

What is mental health?

- Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.



Mental Health and the 2030 Agenda for Sustainable Development

Mental health is shaped by a broad range of factors across different domains, addressing the broader environment promotes mental health

PROXIMAL AND DISTAL FACTORS

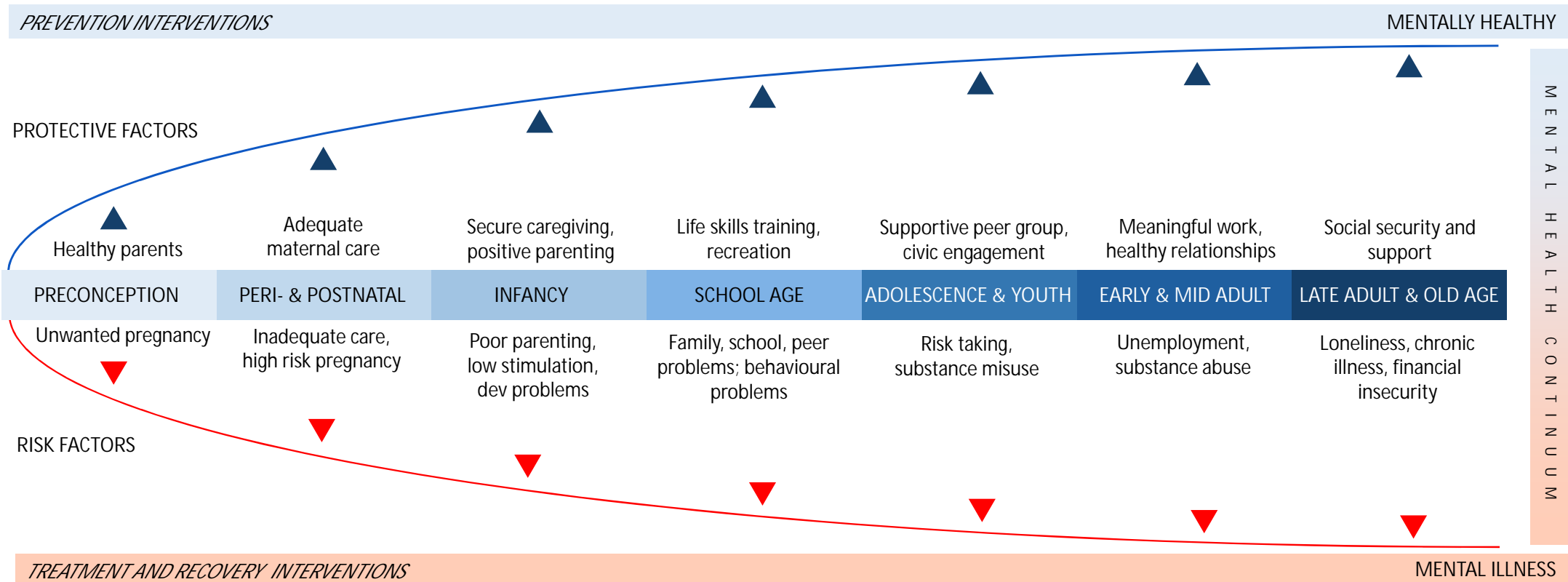
<p>HEALTH Mental health literacy, health service access; primary and specialist mental health care, universal health coverage</p>					<p>3 GOOD HEALTH AND WELL-BEING</p>
<p>DEMOGRAPHIC Age, ethnicity, sex; Community diversity, gender equality</p>					<p>5 GENDER EQUALITY</p>
<p>ECONOMIC Income, debt, assets, employment, food security; recessions, inequality</p>	<p>1 NO POVERTY</p>	<p>2 ZERO HUNGER</p>	<p>8 DECENT WORK AND ECONOMIC GROWTH</p>	<p>9 INDUSTRY, INNOVATION AND INFRASTRUCTURE</p>	<p>10 REDUCED INEQUALITIES</p>
<p>NEIGHBOURHOOD Safety and security, housing, overcrowding, recreation; infrastructure, built environment</p>	<p>6 CLEAN WATER AND SANITATION</p>	<p>7 AFFORDABLE AND CLEAN ENERGY</p>	<p>11 SUSTAINABLE CITIES AND COMMUNITIES</p>	<p>12 RESPONSIBLE CONSUMPTION AND PRODUCTION</p>	
<p>ENVIRONMENT Trauma, violence; natural disasters, industrial disasters, war and conflict, climate change, forced migration</p>					<p>13 CLIMATE ACTION</p>
<p>SOCIO-CULTURAL Individual social capital, social participation, social support, education; community social capital, social stability, culture</p>					<p>16 PEACE, JUSTICE AND STRONG INSTITUTIONS</p>
					<p>4 QUALITY EDUCATION</p>

Target 3.4 on reducing suicide and promoting mental health and well-being;
Target 3.5 on prevention and treatment of substance abuse



BACKGROUND

Across the life-course mental health is also influenced by protective and risk factors at each stage



A region where people enjoy the highest level of mental health, grounded by social solidarity for a transformative environment that promotes mental health and wellbeing

HOW DO WE ACHIEVE THIS VISION?

A systems approach for the future of mental health

Refocusing

To include mental wellbeing, reaching the unreached, with innovations generated from the grounds up matching solutions to needs of communities

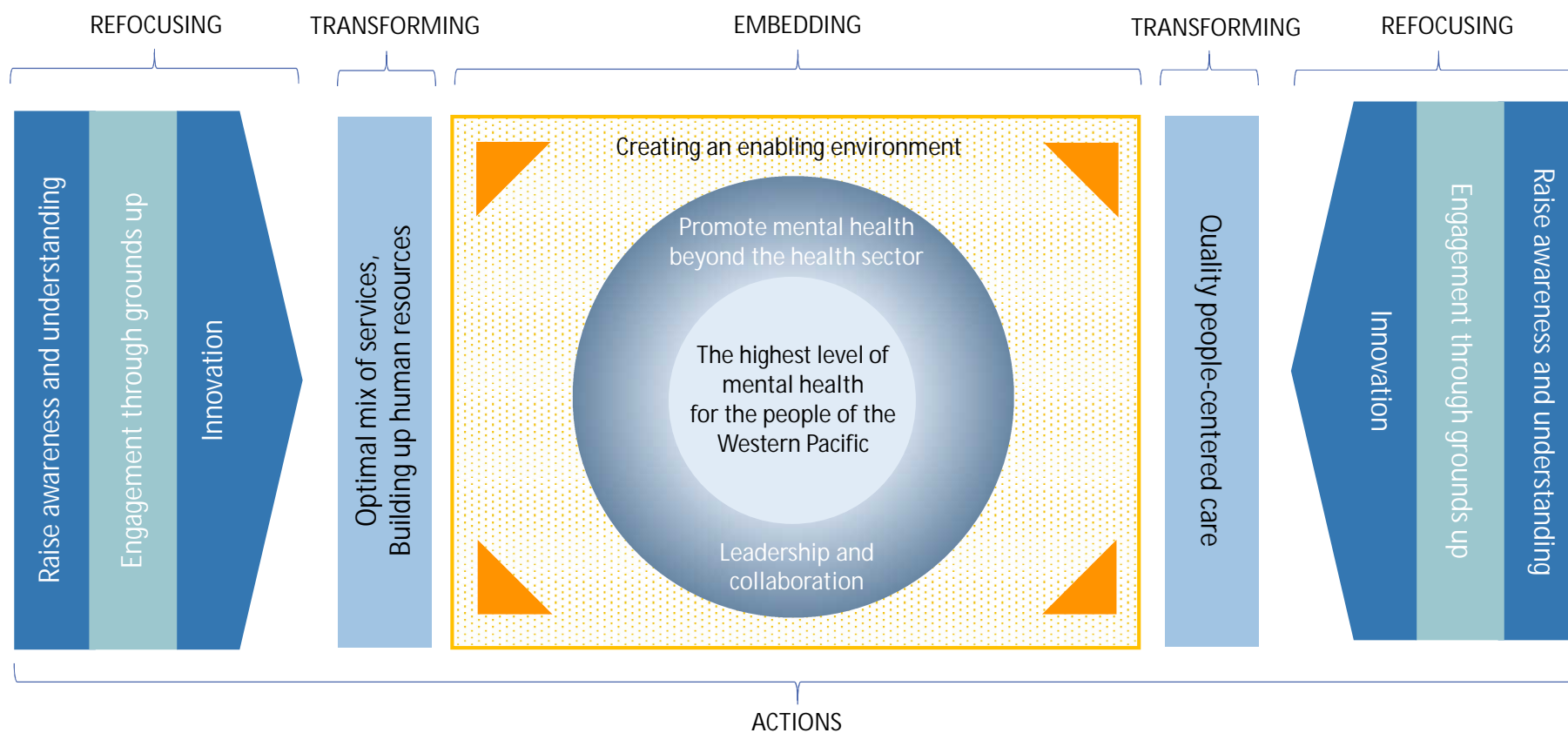
Transforming

mental health care with the optimal mix of services, building up human resources for mental health, and improving quality people-centered care

Embedding

mental health into the settings of daily life, where communities are empowered with tools and structures that enhance protective factors and reduce risk factors across the life course and promote mental health beyond the health sector

OUR SYSTEMS APPROACH



Expert consultation on the Future of Mental Health in the Western Pacific

- Organized on 13 and 14 July 2021, virtual, to inform the development of the new Regional framework
- Nineteen (19) experts representing various mental health–related disciplines and WHO collaborating centres participated in the consultation. These experts were from Australia, China, Fiji, Japan, New Zealand, Philippines, Republic of Korea and Viet Nam. They consisted of clinicians (e.g. psychologists and psychiatrists), researchers, programme managers, public health specialists and mental health advocates.
- Please find the full meeting report here:
<https://apps.who.int/iris/handle/10665/346493>
- Recommendations for WHO:
 - On overcoming public mental health challenges in the Western Pacific Region
 - On refining the strategic approach for the future of mental health
 - On promoting a transformative environment for the future of mental health



Side-event at the 72nd Regional Committee Meeting

- The panel discussion featured decision makers, policy makers, service providers and people with lived experience
- Panelists shared their views and perspectives about future directions, including promising frontiers in mental health and the impact of Covid-19
- Interventions revolved around three main themes which are the foundations of the new framework
- Please find here the link to the RCM72 mental health side event: <https://youtu.be/ogqtvV4g56A>

MODERATOR and EMCEE



Mr James Chau

WHO Goodwill Ambassador for the Sustainable Development Goals and Health

PANELISTS



Hon Gregory Hunt (AUS), Minister of Health, Australia

Refocusing: Reaching the unreached

Reaching people where they work, learn, and live through responsive mental health systems and initiatives that reach the unreached (e.g. indigenous populations) to promote emotional wellbeing and prevent suicide



Mr Koki Ozora (JPN), Youth Leader, "A Place for You", Japan

Refocusing: Innovation and Grounds up approach, Mobilizing volunteers through a digital platform to provide support to people in distress 24/7



Dr Ma Ning (CHN), Deputy Director, National Center for Mental Health

Transforming: Innovation, finding new approaches to meet future

Developing peer support mental health services and addressing social isolation amongst older people during COVID-19 pandemic



Dr Chiyo Fuji (JPN), Director for Community Mental Health and Law, National Institute for Mental Health, Japan

Transforming: Building community-based mental health services, Building community-based mental health services and expanding mental health care out of the specialty mental hospital into the communities, towards recovery and social support



Dr Katherine Arite (KIR), Psychiatrist, Kiribati

Embedding: Promoting health beyond the health sector

Promoting health beyond the health sector by working with communities and schools, mitigating the impact of climate change on mental health



Mr. Marcoluigi Corsi, a.i Regional Director, Deputy Regional Director, UNICEF East Asia and the Pacific Embedding:

Embedding: Child and adolescent mental health

Delivering multi-tiered mental health services for the mental health of children and adolescents

Our path towards the future of mental health (2020-2022)

SETTING THE STAGE

2020

- Regional consultation on Appendix I and II of the Global action plan
- Regional Symposium on Mental Health Promotion in the COVID-19 Era

CO-CREATING THE VISION

2021

- Regional expert consultation (July)
- Regional Committee Meeting – Side Event (October)
- Pacific Island Mental Health Network (PIMHNet) meeting: November

FORGING A NEW PATH

2022

- Member State virtual consultation – Regional Meeting (March), including preliminary discussion
- Regional Committee Meeting - Agenda Item (October)

Thank you.