

Collection of “examples of good practice” regarding the promotion of mental health, the prevention of mental disorder and the eradication of stigma. (Extracted from: “Mental Health Strategy for the National Health System”, Ministry of Health and Consumer Affairs, Spain).

## **PROGRAM OF PREVENTATIVE AND HEALTH PROMOTION ACTIVITIES IN PRIMARY CARE (PAPPS)**

**Objective:** To integrate the promotion and prevention activities into primary care practice. To detect situations or crises which make the population vulnerable to a mental disorder.

**Target population:** All users seen by physicians at Primary Care centres.

**Scope:** More than 640 health centres nationwide are currently signed up for this programme, providing care to over eight million caregivers. Signing up for this programme is voluntary and may be done to different degrees, ranging from the minimum package to all of the proposed activities.

**Description:** The program is structured into a minimum package of recommendations for adults and for the child population and a number of sub-programmes including the prevention of mental health disorders. The recommendations are based on reviews of studies of the effectiveness of different interventions and on the recommendations issued by the different national and international institutions working within the preventive field, updated every two years.

The working groups are comprised of public health primary care professionals and incorporate mental health professionals in the mental health sub-programme. These professionals are those who prepare the recommendations and the working documents of the program.

**Evaluation:** Every two years, an evaluation is made of a sample of clinical records from the centres included.

**Institution and centre responsible for the intervention or program:** The Spanish Family and Community Medicine Society created the Health Promotion and Preventive Activity Program (PAPPS) in 1998, backed by the Ministry of Health and Consumer Affairs.

### **Reference Sources:**

- Fernández-Alonso MC, Buitrago-Ramírez F, Ciurana-Misol R, Chocrón-Bentata L, García Campaya J, Montçon-Franco C, Tizón-García J, Prevención de los trastornos de salud mental desde atención primaria. *Aten Primaria* 2005; 36 (Supl 2); 85-96.
- Guía de Salud Mental en Atención Primaria. Programa de Actividades Preventivas y Promoción de la Salud. Sociedad Española de Medicina Familiar y Comunitaria. Barcelona, 2001.

**Contact:** [http:// http://www.papps.org](http://www.papps.org)

## **HEALTH CARE PROTOCOL FOR THE MANAGEMENT OF VIOLENCE AGAINST WOMEN**

### **Objectives:**

- Systematic early detection of violence against women from the healthcare services, mainly from primary care.
- Offering these women as well as their children integral early intervention.
- Achieving coordinated action of all of the public bodies involved by unifying the criteria and guidelines for action.

**Target population:** Women who are victims of gendered violence.

**Scope:** The development of the protocol is carried out mainly in Primary Care and establishes the coordination mechanism with the hospital emergency services and specialised care and information services.

**Description:** Protocol prepared by a multidisciplinary working group comprised of representatives from the Directorate General of Public Health and by professionals from the Cantabrian Health System, in consensus with the Directorate General for Women and with a representative from associations of victimized women.

The computer software design of the protocol has been carried out within the OMI-AP programme.

The pilot experience was preceded by an intensive course in awareness-raising and training the professionals of each team. Each course for each one of the teams totalled 21 hours (3 days) during working hours.

The training program includes aspects concerning the causes and socio-cultural factors of gendered violence, the factors having a bearing on the prolonging of a situation of violence against women and the consequences thereof on the health of women and children, as well as the role Primary Care teams play in early detection and in dealing with the situation of gendered violence from a multidisciplinary perspective.

**Evaluation:** For the purpose of analysing the development of the programme prior to its widespread implementation at all other centres, a pilot study was made in three PC teams over a 6-month period, an evaluation having been made upon completion of the study. A total of 100 professionals took part in the pilot training program.

**Contact:** Health Department of the Autonomous Community of Cantabria

## **IMPLEMENTATION OF THE EUROPEAN PROJECT AGAINST DEPRESSION AND PREVENTION OF SUICIDE IN “DRETA EIXAMPLE” DISTRICT OF BARCELONA**

### **Objectives:**

To reduce the suicide death rate by:

- Improving the early detection of suicide-related thoughts, reducing the number of first attempts at suicide and repeated attempts and increasing the survival time following an attempted suicide.
- Modifying social attitudes concerning self-inflicted injury behaviours: providing information on risk factors and destigmatising these behaviours.
- Optimize the existing care resources, creating specific care circuits for patients at risk of suicide

**Target population:** Patients for whom care has been provided through the district healthcare mechanisms due to suicidal behaviour

**Scope:** Basic health areas, hospital services, medical emergency service, 061, pharmacists, mental health network, social services, geriatric living facilities, social-healthcare centres.

Social agents and groups: civic associations, patient family member associations, civic centres, parishes, the media and others.

**Description:** Based on the design of the European program to combat depression and prevent suicide (European Alliance Against Depression – EAAD), by carrying out an intervention in settings ranging from primary prevention to tertiary prevention. This is a project spearheaded by the University of Munich, jointly funded by the European Commission, DG Sanco with the support of the WHO. Eighteen European countries are participating.

The program includes:

- Implementation of information campaigns addressing the media and the public at large. These have the goal of reaching those persons having no contact with the mental health network who are at risk of suicide (40% of completed suicides have no connection with the network) and contributing to destigmatising suicidal behaviour by facilitating the request for help and the grieving process of relatives.
- Development of information and continuing training programmes for Primary Care professionals.
- Psycho-educational interventions for the prevention and early detection of risk of suicide in healthcare, teaching and social media.

Given sufficient psychiatric and psychotherapy resources (individual and group) throughout a limited time, another mission is that of case management: The proposed program follows along the lines of the experiences of Götting and Nuremberg, adding the innovation of creating a “suicidal behaviour management team”.

**Evaluation:** Evaluation is being carried out by means of determining the evolution of completed and attempted suicide rates, degree of detection of major depression and other mental disorders in the Primary Care network and of variations in the prescription

of psychotropic drugs among the target population. The effectiveness of the specific circuit for providing care for patients at risk of suicide is also studied. The initial results note an increase in early detection of the risk of suicide, manifested by the increase in the number of consultations due to suicidal ideation and a remission of the risk of suicide.

**Institutions and centres responsible for the intervention or program and Contact:** Autonomous Government of Catalonia. Mental Health Department. Mental Health and Addictions Plan Director. Hospital de la Santa Creu i Sant Pau. Psychiatric Unit.

**Contact:** <http://www.sindicdegreuges.gva.es>

## **PROTOCOL FOR INVOLUNTARY HOSPITALISATION OF PATIENTS WITH SEVERE MENTAL DISORDERS (SMDs)**

**Objectives:** To coordinate the different administrative levels of authority involved in the involuntary hospitalisation of persons with severe mental disorders so as to reduce the intervention times by heightening effectiveness and preventing potentially harmful situations for the patients (lack of assistance, use of inappropriate coercive mechanisms, excessive police intervention, excessive red tape being involved in the assistance).

**Target population:** Any psychiatric or non-psychiatric patient requiring involuntary confinement in a hospital or residence.

**Scope:** Emergency Medical Care Services, Mental Health Units, Psychiatric Hospitalisation Units, family members of patients with SMDs, Police Forces, Courts and District Attorneys' Offices.

**Intervention:** Protocol unifying criteria for taking action and detailing the procedure to be followed in the cases of transferring patients with severe mental disorders who require involuntary hospitalisation, providing a practical solution to problems such as the use of physical restraint, if fitting, or entering homes.

This good practice also sets the bounds of other interventions such as actions taken by the Social Services network, the External Prison Social Services (in the case of security measures mandated in the criminal process), inspections or others which may arise.

A system of regular meetings is established, with the drafting of proposals to allow the involvement of user and family associations through the creation of a Coordinating Commission.

**Evaluation:** Special mention must be made of the considerable reduction in the amount of time necessary for proceeding to confinement in comparison to all other areas of the Community in which this protocol was not implemented, as well as the satisfaction of the users and family members.

**Institution and center responsible for the intervention or program:** The Ombudsman ("Síndic de Greuges") of the Autonomous Community of Valencia.

**Contact:** [www.sindicdegreuges.gva.es](http://www.sindicdegreuges.gva.es)

## **INFORMATION AND ADVOCACY SERVICES**

**Objective:** To provide a mental health-related information strategy for patients and their family members, including aspects such as the benefits to which they are entitled, how to access these benefits and the administrative procedures for filing complaints and claims. These serve as a general reference for any mental health-related matter.

**Target population:** The Spanish Mental Health Information and Training Centre focuses its attention on the mentally ill, their family members, mental health professionals, the social services and society as a whole.

**Scope:** Nationwide. Spanish Confederation of Associations of Persons with Mental Disorders and Family Members (FEAFES) offices.

**Description:** The Spanish Mental Health Information and Training Centre, with headquarters at the FEAFES Confederation facilities, provides a nationwide legal information and advisory service. This service is provided at the specific, individual request of the interested party by way of a personal visit or by telephone, the latter being the means most often used.

Within the framework of the 2005-2009 FEAFES Strategy Plan, Information Services are determined to be basic measures to be provided on the part of the member entities, and that at the Autonomous Community level the development of Specialised Legal advice Services shall be carried out through the Provincial Federations/Associations, in coordination with the Spanish Mental Health Information Centre (CEIFEM) organisation.

In this sense, all Law professionals associated with the Associations of Persons with Mental Disorders and Family Members serve on the FEAFES Legal Committee.

The collaboration and coordination strategy is considered to be of particularly far-reaching importance for the sake of the effectiveness and efficiency of the current and future resources.

**Evaluation:** In 2005, the Spanish Mental Health Information Centre (CEIFEM) has carried out a total of 2,016 interventions, 1,303 of which have been information-related measures and 440 legal advisory. For further information, the FEAFES Confederation Annual Reports are available online at [www.feafes.com](http://www.feafes.com).

**Institution responsible:** Confederación Española de Agrupaciones y Personas con Enfermedad Mental (FEAFES).

**Contact person:** Francisco Morata Andreo, President. C/ Hernández Mas, 20-24. 28053 Madrid

**Contact:** e-mail: [feafes@feafes.co](mailto:feafes@feafes.co)

## **MENTAL HEALTH FORUMS**

### **Objectives:**

- For the Autonomous Communities to set up mechanisms and channels for user and family associations to take part in the planning, management and evaluation of mental health services, further promoting the health councils wherever these exist.
- To carry out actions regarding persons with mental disorders and their family members a community nature, based on: integral, personalised care, promoting the rights of persons with mental health problems and their families, guaranteeing the full exercise of their rights as citizens, oriented toward objectives of maximum integration, normalisation and participation.
- To make the situation of these persons known, to represent and defend their rights and to collaborate in the improvement and/or creation of healthcare and social resources necessary in each population.

**Target population:** Mental health managers and professionals, persons suffering from mental disorders and their family members.

**Scope:** Local Municipal Government and/or healthcare resources.

**Description:** The organisations which are to form part of the Mental Health Forums are very familiar with the territory and the social environment which frame the needs of persons with mental health problems and their families. They often intervene as interlocutors and/or access channels among the different bodies and the society. Coordination work within the geographical area, where each association is registered, aimed at participating in and/or creating spaces for thought, debate and sharing of information about mental health problems in general and the need for care in particular. Work is done to heighten awareness and motivate the municipalities to gain an in-depth knowledge of the actual status of matters connected with mental health-related situations within their area and be able to design an Action and Coordination Plan for dealing with the mental health problems within their area of influence. This is currently being progressively implemented throughout the entire region of Catalonia, with different experiences at the municipal and supra-municipal level.

**Evaluation:** The evaluation is currently under way, and the information on the results is detailed in the material prepared for the 2006 assembly, the 2005 FECAFAMM Report.

**Institution and center responsible for the program:** Federació Catalana d'Associacions de Familiars de Malats Mentals (FECAFAMM).

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Website: [www.familiarismalatsmentals.org](http://www.familiarismalatsmentals.org)

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Federació Catalana d'Associacions de Familiars de Malalts Mentals (FECAFAMM).  
Les Taules de Salut Mental, una eina de coordinació en el territori. In: Butlletí de la  
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