



IMPLEMENTATION OF THE EUROPEAN PACT FOR MENTAL HEALTH AND WELL-BEING

In agreement with the Commission's DG for Health and Consumers we have the pleasure to announce the third edition of a regular newsletter on the implementation of the European Pact for Mental Health and Well-being. In the Newsletter below, you will find a summary of progress to date and an outline of the ongoing implementation phase of the Mental Health Pact as well as updates on current activities and events being held in connection with the Pact.

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1. INTRODUCTION AND BACKGROUND:

THE LAUNCH OF THE EUROPEAN PACT ON MENTAL HEALTH AND WELL-BEING.

- In June 2008, the “**European Pact for Mental Health and Well-being**”, an intersectoral statement on mental health action in Europe, was launched at the High Level Conference “Together for Mental Health and Well-Being” by the European Commissioner for Health, Androulla Vassiliou, in cooperation with European Commissioner for Employment, Social Affairs and Equal Opportunities, Vladimir Spidla.
- The aims and objectives of the Pact are to **support and inform Member States and other stakeholders, promote best practice and encourage actions, to help address common challenges and tackle health inequalities**. The Pact reflects the commitment of European Member States to a long-term process of exchange, cooperation and coordination on key challenges. This exchange and cooperation will facilitate the monitoring of trends and activities in Member States and among other stakeholders and result in the delivery of recommendations for policy and action at the European and Member State level, in the 5 priority areas.
- The Pact is now in its **implementation phase**, in which stakeholders and policy makers in each of the 5 priority areas are encouraged in action towards promoting mental health and wellbeing and preventing mental disorders. This is being facilitated, in part, through a series of **Five Thematic Conferences** in each of the priority areas, which will be hosted by Member States in partnership with European Commissions’ bodies and other stakeholders. The conferences so far held or planned to take place:

- “ 29 – 30 September 2009 → Thematic conference on Promotion of Mental Health and Well-being of Children and Adolescents – Swedish European Presidency event, Stockholm.
- “ 10 – 11 December 2009 → Thematic Conference on Prevention of Suicide and Depression – Event hosted by the Hungarian Ministry of Health in Budapest.
- “ 19 – 20 April 2010 → Thematic Conference on Mental Health and Older People – Spanish European Presidency event, Madrid.
- “ 15 – 16 November 2010 → Thematic Conference on Combating Stigma and Improving Social Inclusion – Event hosted by Portuguese Ministry of Health in Lisbon.
- “ Early 2011 → Thematic Conference on Mental Health in the Workplace – Federal Ministry for Labour and Social Affairs and Ministry of Health in Germany, Berlin.

- To facilitate and encourage the exchange and uptake of good practice across European Member States, the Commission has set up **the EU Compass** – an online resource providing a collection of statements, descriptions of good practice and policies for the improvement and promotion of mental health and well-being. Read more below...
- In addition, recommendations and **materials designed to facilitate dissemination of the Pact** are available online at <http://www.ec-mental-health-process.net/implementation.html#01>. These are designed to encourage and assist professionals in raising awareness of the initiative and forthcoming events at the national, regional and local level or through a particular field of work.

2.

"Promotion of Mental Health and Well-being of Children and Young People - Making it Happen"

THEMATIC CONFERENCE. 29TH - 30TH SEPTEMBER 2009, STOCKHOLM.



- **The first Thematic Conference on Mental Health and well-being of children and young people** was organised by DG SANCO and the Swedish Public Health Department, as an event under the Swedish Presidency, in Stockholm, 29th-30th September 2009.
- **Over 210 professionals** from the field of youth and education participated in the event, with many different stakeholder groups represented, including governmental officials, policy planners, non-governmental organisations, researchers, representatives from different Commission Directorate Generals, actors from related industry sectors, young people and Members of European Parliament.
- **Some key messages and outcomes of the conference were:**
 - Parenting, as a primary source of child well-being, must be supported through adequate paid parental leave.
 - Multidisciplinary and inter-sectoral teams (including health, social, educational and cultural sectors), working together with families, are a priority for prevention and promotion within health services.
 - We need to develop means for young people to voice their opinions on decisions and action in the community and in other areas.
 - Member states should use new media actively in the promotion of mental health, in their own national languages.
 - The goals of mental health promotion must be integrated in educational policies, mission statements, organisational concepts and curricula at all levels, by acknowledging the central role of well-being in successful learning outcomes and vice versa.

A more complete account of the conference conclusions can be seen at:
http://ec.europa.eu/health/ph_determinants/life_style/mental/ev_20090929_en.htm

- A **conference background document** was prepared with the aim of describing a **framework for action within the 5 sub-themes**: Parents, family and the early years; The role of health services in promotion and prevention; The community environment; The role of new media, internet and electronic games; Educational settings and learning. The document was developed by 5 experts in the field and underwent a broad consultation process. The background documents can be downloaded from:
http://ec.europa.eu/health/ph_determinants/life_style/mental/ev_20090929_bgdocs_en.htm
- The conference was action oriented and highly participatory. The key issues in the area such as new challenges to the mental health and well-being of youth, posed by the values of European societies, the need to address stigma, work across sectors and base policy on a sound knowledge base of epidemiology and effectiveness, were introduced in **6 Plenary Sessions**. Additionally, **5 parallel sessions** aimed at developing and discussing the framework for action in the 5 designated sub-themes.
- All conference participants were invited to select the most important priorities for action, from those given in the conference background document. These indications, along with outcomes from the discussions and expert opinions, have been taken into account in formulating the **conclusions from the conference**.
- A **conference report**, detailing presentations and discussions at the event and including the conference conclusions has been prepared and is available, along with a summary of the key messages arising from the conference, on the Commission website:
http://ec.europa.eu/health/ph_determinants/life_style/mental/ev_20090929_en.htm

3.

"Prevention of Depression and Suicide – Making it Happen"

THEMATIC CONFERENCE. 10TH – 11TH DECEMBER 2009, BUDAPEST



- Together with four other thematic events, this second European Commission Thematic Conference is a key element in the implementation of the European Pact for Mental Health and Well-being, addressing the transversal theme of prevention of depression and suicide. The conference has been organised by the European Commission and Hungarian Ministry of Health.
- The event pursued three **objectives**:
 - 1) To raise visibility about the importance of preventing depression and suicide across Member States.
 - 2) To enable and encourage an exchange at EU-level on policy activities, good practices by stakeholders and research projects in European Member States, supported by the EU Compass - Commission database;
 - 3) To discuss and endorse an implementation framework for the Mental Health Pact in the field of prevention of depression and suicide.
- Several **key messages and priorities** were evident in discussions at the conference:
 - Depression is a major public health priority for our time in Europe
 - Primary prevention of depression is possible and starts with positive childhood experiences and environments
 - Stigma is a major challenge which must be tackled in the effective prevention of depression and suicide
 - The internet and new communicative technologies present valuable opportunities for cost effective treatment and prevention.

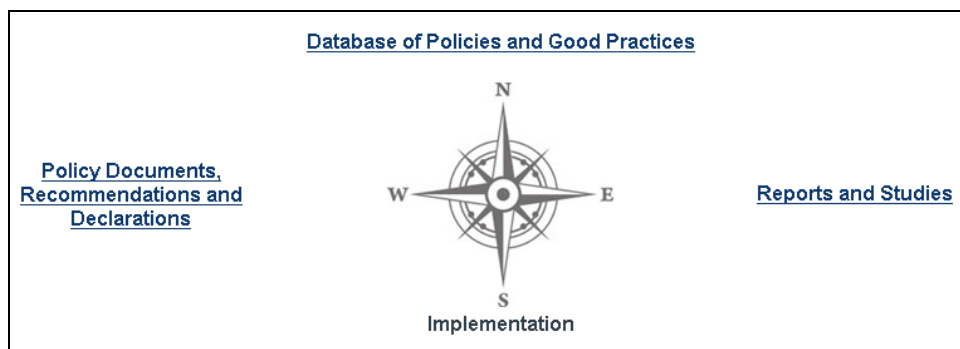
- More than **200 participants** attended this event, which was by invitation only, including high level representatives from Member States' governments, international institutions and NGOs, relevant experts (also by experience), and service user representatives.
- **Presentations** were invited from a variety of actors such as, EU and member state representatives, directors of programmes and projects, practitioners and service users or those with an experiential perspective, as well as researchers in the field.

Presentations were structured around **7 sub-themes** or implementation domains:

- 1) Session 1: Strategies, policy frameworks and targets;
- 2) Session 2: Addressing determinants and risk factors;
- 3) Session 3: Mainstreaming mental health in health disciplines;
- 4) Session 4: Building partnerships in other sectors;
- 5) Session 5: Access to healthcare
- 6) Session 6: e-Health, internet and media;
- 7) Session 7: Research and the knowledge base.

- Stakeholders, representatives, professionals and experts were invited to feed into the event in a number of ways:
 - Conference **background documents** were developed, including **key messages and actions** aimed at informing and orienting action and policy to prevent depression and suicide and adding a practical implementation dimension to issues raised in the consensus paper. These documents are available on the conference web pages at: http://ec.europa.eu/health/ph_determinants/life_style/mental/ev_20091210_bqdocs_en.htm
 - A section of the **online database** of good practices in prevention of depression and suicide, including policies and programmes, has been developed and is being filled. Please find more information below.
 - Invited participants have sent their **plans and commitments for future action** towards the implementation of the European Pact of Mental Health and Well-being, for inclusion on the EU Compass web-pages. A selection of these can also be seen below.
- The official conference report with conclusions arising from the event and detailed minutes of the presentations given will soon be available on the conference web page: http://ec.europa.eu/health/ph_determinants/life_style/mental/ev_20091210_en.htm

4. THE EU COMPASS: EXTRACTS FROM THE DATABASE OF GOOD PRACTICE AND POLICIES



http://ec.europa.eu/health/ph_determinants/life_style/mental/mental_health_compass_en.htm

- **EU-Compass for Action on Mental Health and Well-being** is a resource which has been developed to facilitate the exchange of good practice and policies, to allow the dissemination of relevant documents, and to encourage the expression of commitment to future action in mental health.
- The Compass includes **4 types of resources**:
 - 1) Database of Policies and Good Practices.** A collection of examples of good practice, both for programmes and policies, developed at the international, national or the regional level. The database already includes more than 85 examples.
 - 2) Policy Documents, Recommendations and Declarations.** A number of policy documents, including some national or regional Mental Health Plans and Strategies, as well as some key documents from the European Commission. This section also includes a list of Briefing Sheets reflecting the most relevant facts and activities related to mental health in each Member State.
 - 3) Reports and Studies.** Key reports and scientific documents, covering general mental health issues or specific topics related to each of the 5 priority areas. More than 20 documents have already been uploaded.
 - 4) Implementation.** A number of Statements from relevant stakeholders, Institutions and public bodies demonstrating support to the process and commitment to future action in mental health. Up to now more than 20 statements of commitment have been received from governmental bodies, research institutes, NGOs or clinical service providers.

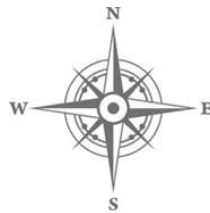
- This Compass is in **process of ongoing development** with each section being created, added to and completed in parallel with the EUROPEAN COMMISSION Thematic Conferences in the 5 priority areas.
- **Some examples of the inputs included in the database are:**

DATABASE OF POLICIES AND GOOD PRACTICES

- European Early Promotion Project (EEPP)
- "Triple P" positive parenting programme, Belgium.
- European Alliance Against Depression (EAAD).
- Prevention of Depression in the "National Health Prevention Plan 2010/2012", Italy.
- Health-Youth Plan for 16-25 years olds, 2005-2010, France

POLICY DOCUMENTS, etc.

- European Parliament Resolution on Mental Health. COM 2009
- An EU Strategy for Youth - Investing and Empowering - A renewed open method of coordination ... COM 2009
- National Action Plan to reduce health inequalities 2008-2011. Finland.
- Towards a Mentally Flourishing Scotland: Policy and Action Plan 2009-2011. Scotland.



REPORTS AND STUDIES

- Second European "Quality of Life Survey" , Summary of findings. Eurofound 2008.
- "Child and Adolescent Mental Health in Europe: Infrastructures, Policy and Programmes". CAMHEE project country profiles 2009.
- Suicide-related deaths in an enlarged European Union Project ANAMORT Monographs, 2008.

IMPLEMENTATION

- Ministry of Welfare, Public Health and Family Affairs, BE
- Ministry Of Health And Social Policy, ES
- World Organization of Family Doctors (Wonca)
- Mad Pride, IR
- European Association for Psychotherapy
- Pharmaceutical Group of the European Union (PGEU)
- Trimbos Institute (Institute of Mental Health and Addiction), NL

- Relevant stakeholders are **invited to send their examples of good practice**, statements of commitment and relevant reports and/or studies in their area of activity for the priority areas of youth and education, prevention of depression and suicide and now mental health among older people. The response so far has been excellent and inputs continue to be received by the technical secretariat. If you wish to make your contribution to the EU Compass, please contact the technical secretariat at: ec-mentalhealthprocess@gencat.cat or visit the website to download the relevant template for submission.

DESCRIPTIONS OF SELECTED GOOD PRACTICES

“ The goal of the **European Early Promotion Project (EPPP)** was to design, implement and evaluate a transferable and universally accessible promotional and preventative mental health services for children and their families, carried out by specially trained primary health care professionals (PHCPs), that would promote the psychosocial adaptation of parents and their infants, enhance their interaction and hence prevent psychosocial problems. The project was carried out in five European countries (Cyprus, Finland, Greece, Serbia and UK).

A major achievement of the programme was the development of a well-received PHCP training manual, applicable to a number of different European countries with different primary care systems, training for their employees, cultures and mentalities. Despite cross-country differences, results indicated that trained PHCPs identified family needs more accurately and that significantly higher service satisfaction was reported by the families attended by the trained staff, with obvious benefits for family engagement and empowerment. There was also indication that the whole intervention process had some positive effects on mother-child interaction as well as on child and family outcomes at two years.

“ The **European Alliance Against Depression (EAAD)** started in 2004 with project phase I and in 2006 with project phase II funded by the European Commission. To assure sustainability a non-profit society was established in 2008 by EAAD partners and is being financed through member fees. The aim of EAAD is to improve the situation of persons suffering from depression and persons being at risk to die by suicide by 1) establishing community based 4-level interventions in model regions in the different countries and, then, 2) using the experiences and materials from this model region to expand the activities to other regions or nationwide in the different countries.

The regional interventions comprise simultaneous activities on the following levels :1) Co-operation with general practitioners and paediatricians; 2) Public Awareness Campaign and co-operation with local media; 3) Training sessions for community facilitators, and; 4) Offers for high risk groups and self-help activities.

- To encourage dissemination and exchange of information, different examples of good practice and policies from the compass database will be presented in each subsequent edition of this newsletter.

5. LATEST NEWS AND EVENTS.

Forthcoming events:

- **European Commission Thematic Conference**

“MENTAL HEALTH AND WELL-BEING IN OLDER PEOPLE – MAKING IT HAPPEN”

Preparations are underway for the 3rd thematic conference in the series to facilitate implementation of the European Pact for Mental Health and Well-being. This event will take place in Madrid under the Spanish Presidency of the Council of the European Union, on the 19th and 20th April 2010. The conference will be by invitation only and organisers are currently developing the conference programme, participation and background documents, which will be the topic of the next Newsletter.

Recent events:

- **WHO/EU event “Mental Health and Suicidal Behaviour in Times of Economic Crisis”**

The second EC Thematic Conference, on Prevention of Depression and Suicide, follows on from the WHO/EU event “Mental Health and Suicidal Behaviour in Times of Economic Crisis: Impact and Prevention”, which took place under the Swedish European Presidency, in Stockholm on 14th-15th October 2009.

The Conference in Stockholm was a pre-event to the European Commission Thematic Conference, addressing the impact of the current economic crisis on mental health and the role of multi-dimensional research can play in elaborating strategies to counteract this negative impact.

- **EUFAMI conference “The Forgotten Children”.**

This conference, which took place in Vilnius, Lithuania on the 26th – 27th November, 2009, aimed to raise awareness on the situation of children whose parents have mental illness, “The Forgotten Children”, and to draw on examples of good practice in the care of these children. A Conference Declaration was prepared and supported by delegates from 25 countries across Europe, following their participation in the Conference.

http://www.eufami.org/index.php?option=com_content&task=view&id=514&Itemid=223

Relevant reports and documents:

- **A critical review of the literature on children and young people's views of the factors that influence their mental health**

As part of the process to ensure that the work being taken forward by NHS Health Scotland to establish children and young people's mental health indicators takes into account the views of children and young people, a review has been developed to examine what children and young people themselves perceive to be important in affecting their mental health. The review by researchers at the Universities of Teesside and Aberdeen has now been completed and the findings are informing the indicators work.

The report is available at <http://www.healthscotland.com/uploads/documents/10772-Views%20of%20C&YP%20on%20what%20impacts%20on%20their%20mental%20health%20-%20Final%20report.pdf>.

Other news:

- **DG SANCO Call for proposals in calls for proposals for projects, operating grants, conferences, and joint actions in the field of health**

On the 18 December 2009, the European Commission adopted the 2010 Work Plan, which sets the annual priorities for implementation of second programme of Community action in the field of health (2008-2013). Based on this decision, the Executive Agency for Health and Consumers (EAHC) has launched the calls for proposals for projects, operating grants, conferences, and joint actions.

The budgetary authority has approved a total budget of EUR 47,100,000 for 2010 for Community action in the field of health and associated expenditure on administrative management.

The deadline for submissions of the proposals under each call is 12 March 2010.

The Work Plan 2010 also foresees a significant number of calls for tenders for the provision of services, which will be launched in the course of year 2010.

All the information, including the Commission Decision, the selection, award and other criteria for financial contributions to the actions of this programme, are available on the website of the Executive Agency for Health and Consumers at the following address: <http://ec.europa.eu/eahcEN>

- **Activities for World Mental Health Day – 10th October 2010**

To increase cooperation and exchange of information, the Commission would like to disseminate information in subsequent newsletters on any activities or action planned for this year's Mental Health Day on the 10th October. Please send any information for activities planned or developing to the technical secretariat at ec-mentalhealthprocess@gencat.cat.

6. A TRIBUTE TO JOHN HENDERSON *by Jürgen Schefflein*

With the passing away of John Henderson, European mental health policy loses one of its founding mentors and fathers.

John Henderson personified a unique blend of personal warmth, exceptional professional competence and vision, together with a true European vocation. With his credo of the importance of promoting positive mental health, beyond tackling disease, he was ahead of the times, and a trendsetter, as we can see today. John Henderson had both the clinical grounding, enabling him to come up with concrete proposals to improve the situation of patients in treatment and care, where conditions required this, as well as a global vision of a social model of mental health, which he advocated through his work with Mental Health Europe.

In many ways, the European Pact for Mental Health and Well-being takes up ideas for which John Henderson stood. John Henderson helped to plant a tree, it shall continue to grow, flourish and bear fruits.

This newsletter has been prepared by the technical secretariat of the IMPACT Consortium, at Gencat (Government of Catalonia, Spain), in collaboration with the European Commission's DG Health and Consumers, to support the implementation of the European Pact for Mental Health and Well-being.