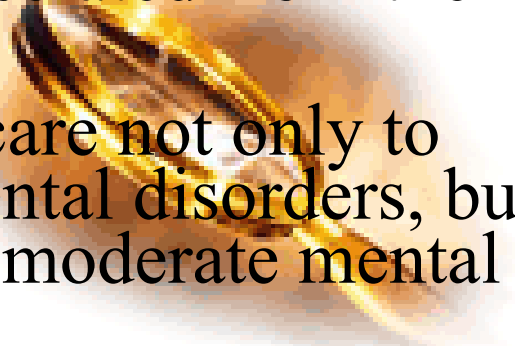


Mental health integration into primary health care

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Weaknesses of the existing system of specialized mental health care services delivery

- Mental health care is provided in specialized mental health facilities
 - Mental health facilities are still isolated from the general system of healthcare
 - Mental health facilities provide care not only to those who suffer from severe mental disorders, but also to those who have mild and moderate mental health problems
 - People reluctantly seek care in mental health facilities because they fear mental health stigma
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Why programs of Mental Health Integration into Primary Health Care are important?

- Patients with mental disorders often (75-80%) visit general practitioners
- Mental disorders are registered in the list of top-ten most prevalent diagnoses
- 10,5% of disability causes are mental disorders

Depression is the most prevalent form of mental disorder among all mental diseases.

- Causes loss of 17,3% years of working age of a person in comparison with losses caused by other mental diseases;
- Diagnosed in more than 10% of patients who visit primary health care clinics, and in 22%-47% of patients with somatic diseases;
- Patients with depression often commit suicides.

AIHA's Mental Health Program

- Study Tour to the USA (August, 1999)
- Mental Health Task Force established to:
 - develop the strategy of mental health integration into primary health care
 - Develop clinical practice guidelines and reference manuals
 - design and provide training
- The model of mental health care delivery in a primary health care setting was developed by Kiev-Philadelphia partnership

Developing effective system of mental health services delivery

- Ensure access to mental health care services in primary health care clinics for the majority of population.
- Provide mental health training to primary health care specialists
- Establish contacts and links between primary health care clinics and specialized mental health facilities.

Primary health care specialists must be able to:

- Detect and diagnose mental disorders;
- Provide treatment and psychological counseling in those cases when a patient does not require referral to a specialist;
- Refer patients to a specialist in a timely, ethically correct and acceptable manner;
- Provide mental health care services in a multidisciplinary team with a specialist, nurses of the FMC and specialized mental facilities, psychologists, social workers.

ACHIEVEMENTS

Family Medicine Center was opened. It provides mental health care services and also serves as a training site (Kiev-Philadelphia partnership)

Multidisciplinary team was set up and is functioning now (family physicians, psychologist, social worker, nurses)

Clinical practice guidelines on Mental Health Care in Primary Health Care (information-screening package) were developed

Specialists of Primary Health Care Centers opened by AIHA partners were trained

11 Primary Health Care Centers, opened in Ukraine and Republic of Moldova by AIHA partners, provide mental health care services

Further development of mental health services in a primary care setting

- Expand a network of primary health care centers providing mental health care services.
- Establish a Training Center for nurses, social workers, psychologists and family physicians at Kiev Primary Health Care Center.
- Set up specialized mental health units in general polyclinics.
- Set up specialized mental health day care departments in general polyclinics.