

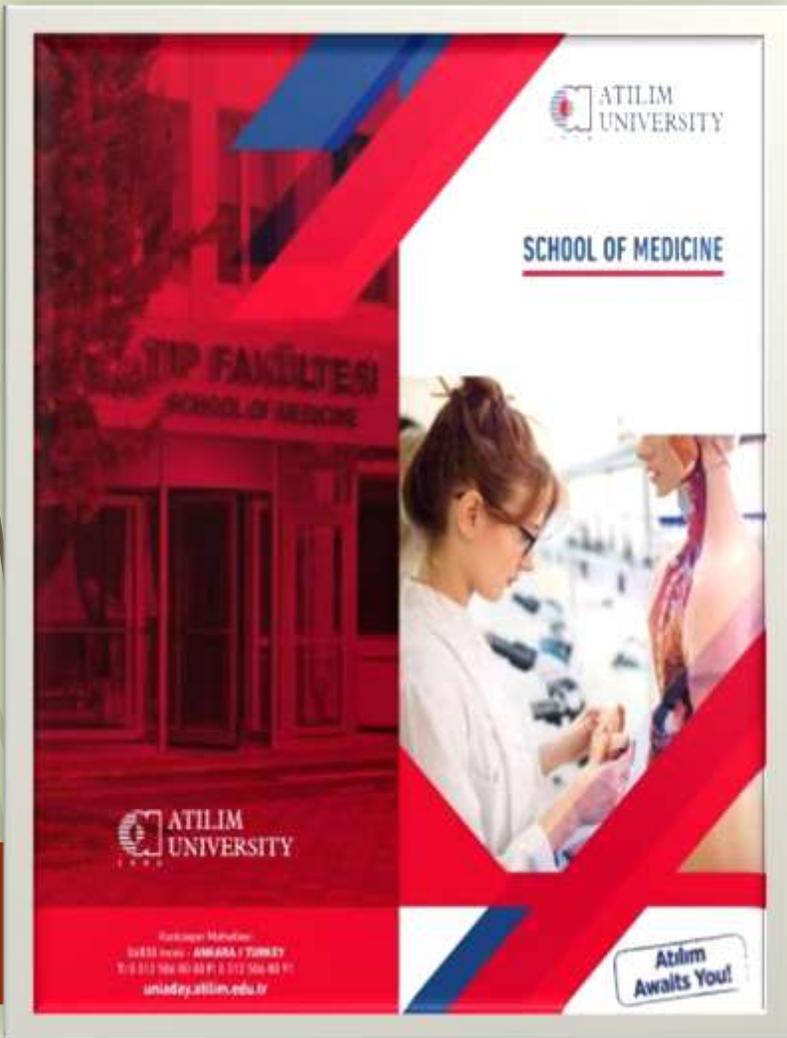
Community Mental Health

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Many mental health conditions can be effectively treated at relatively low cost, yet the gap between people needing care and those with access to care remains substantial. Effective treatment coverage remains extremely low.

**Phase 1 lecture, 2020 - 2021
academic year, spring semester
1st June 2021, Ankara - TURKIYE**

Community Mental Health



Mental health

❖ In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the SDG - *Sustainable Development Goals by 2030*.



Mental health

- ❖ **Depression** is one of the leading causes of disability. **Suicide** is the second leading cause of death among 15-29-year-olds.
- ❖ People with severe mental health conditions die prematurely – as much as two decades early – due to **preventable** physical conditions.



*Don't be
ashamed of your
story. It will inspire
others.*

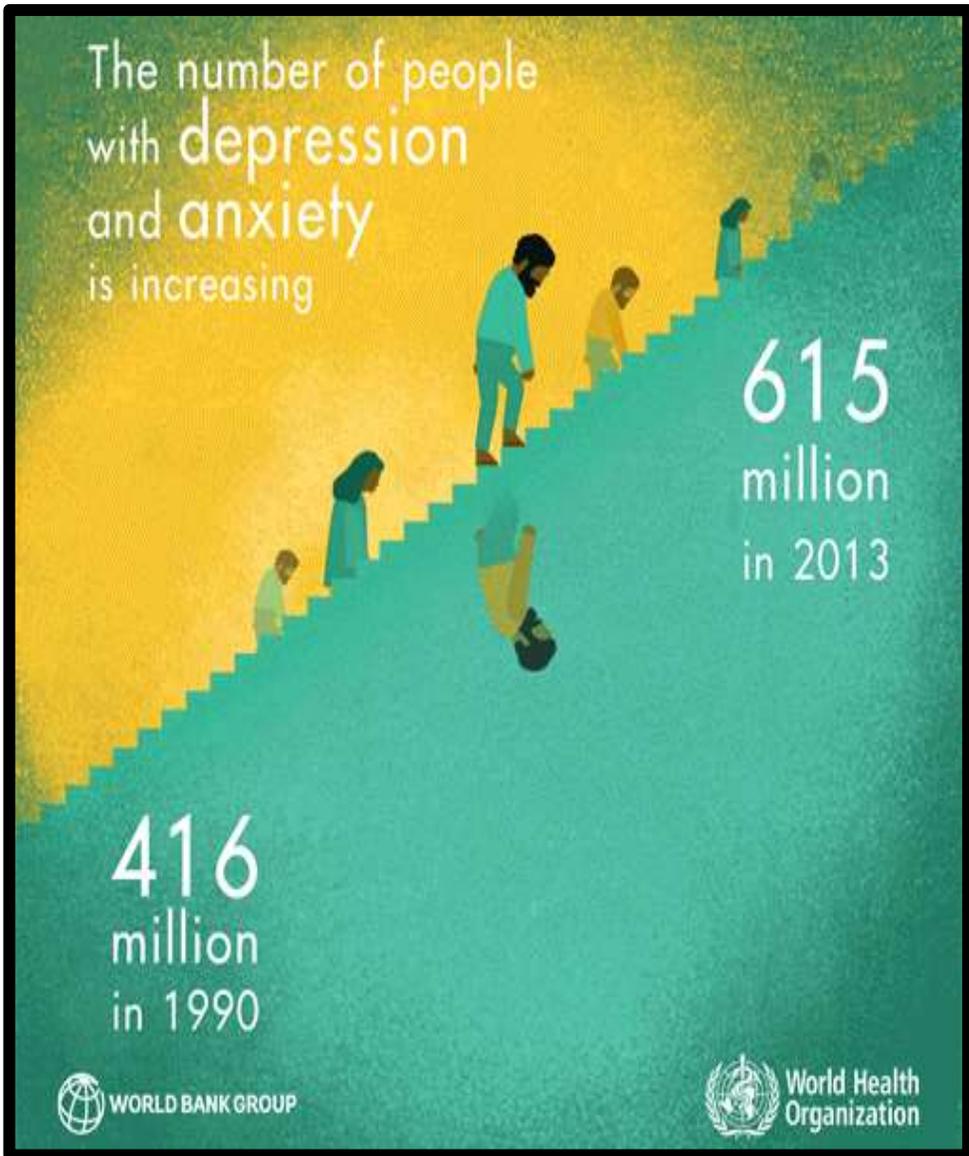
Just 3% of total
government spending
worldwide is for
mental health

From less than 1% in
low-income countries
to 5% in high-income countries



Mental health

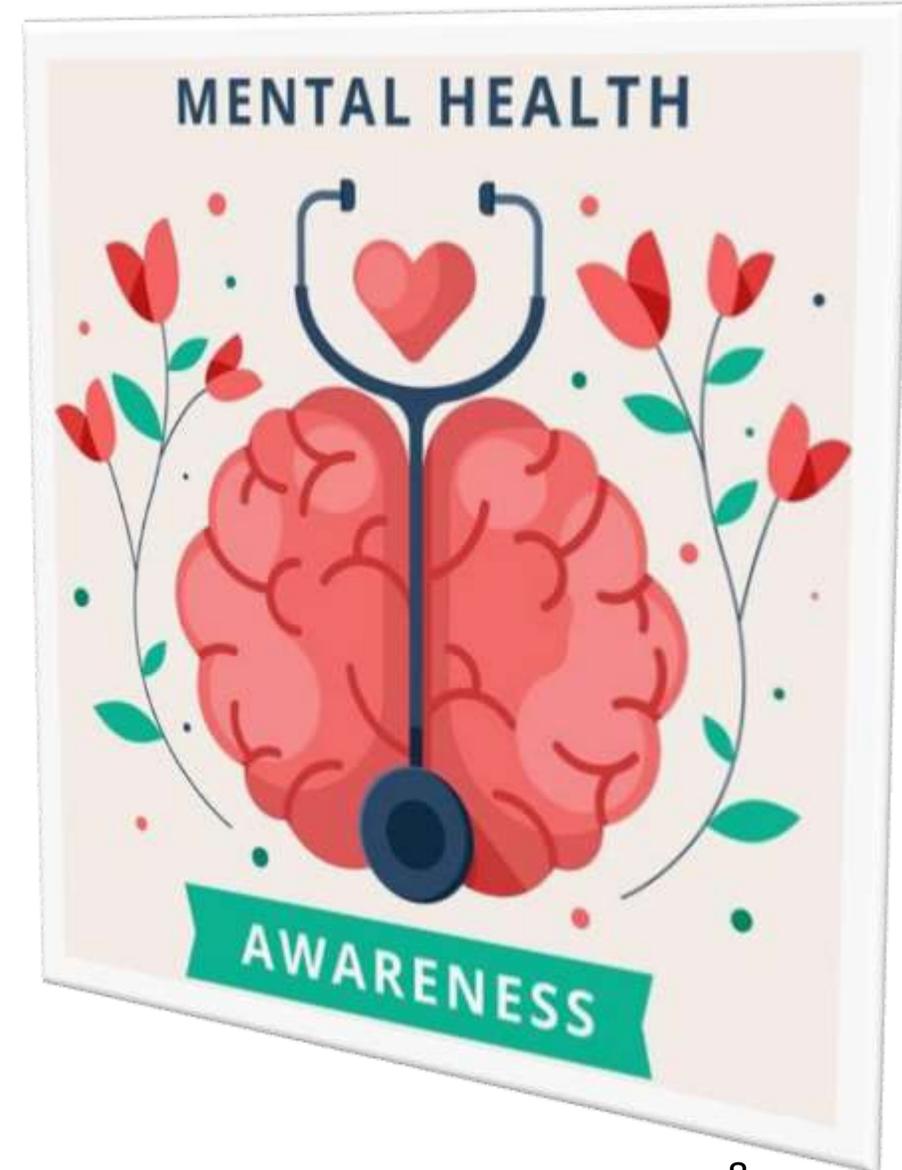
- Despite progress in some countries, people with mental health conditions often experience severe ***human rights violations, discrimination, and stigma.***
- Many mental health conditions can be effectively treated at relatively low cost, yet the gap between people needing care and those with access to care remains substantial.
- Effective treatment coverage remains extremely low.



- ❑ On 13-14 April in Washington DC, the **World Health Organization** and the **World Bank** will present to ministers of finance and development agencies the expected economic, health and social returns from **investing in mental health services**.
- ❑ Participants will hear how countries of all income levels have successfully scaled up mental **health services**, often using innovative approaches. Particular focus will be given to the **mental health challenges** that result from **mass migration and sustained conflict**, and how they can be overcome.
- ❑ The event aims to kick-start an increase in investments in **mental health**.
- ❑ The series of events will be open to media. The high-level panel will be webcast.
 - [Live-stream of high-level panel](#)

Mental health

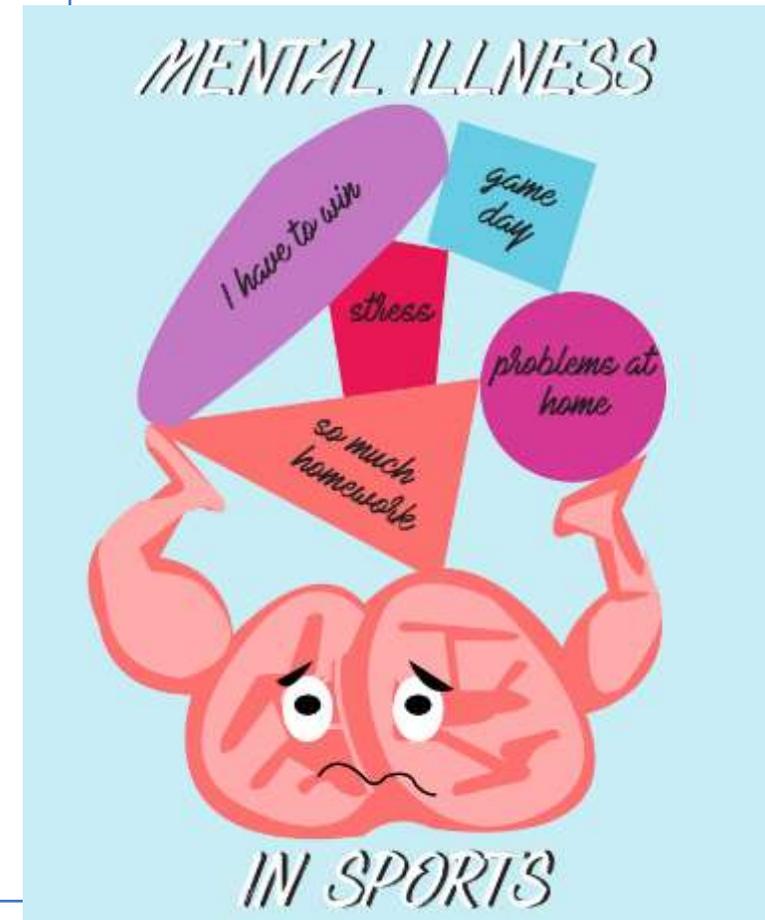
- Increased investment is required on all fronts:
- For **mental health awareness** to increase understanding and reduce **stigma**; for efforts to increase access to quality **mental health care** and effective treatments;
- And for research to identify new treatments and improve existing treatments for all mental disorders.
- In 2019, WHO launched the [WHO Special Initiative for Mental Health \(2019-2023\): Universal Health Coverage for Mental Health](#) to ensure access to quality and **affordable care for mental health** conditions in 12 priority countries to 100 million more people.



Why is mental health important for overall health?

- Mental and physical health are equally important components of overall health.
- *Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease.*
- Similarly, the presence of chronic conditions can increase the risk for mental illness.

<https://www.cdc.gov/mentalhealth/learn/index.htm> 01.06.2021



Can your mental health change over time?

- Yes, it's important to remember that a person's mental health can change over time, depending on many factors.
- *When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.*
- For example, if someone [is working long hours, Cdc-pdf caring for an ill relative](#) or experiencing economic hardship they may experience poor mental health.

<https://www.cdc.gov/mentalhealth/learn/index.htm> 01.06.2021

“ One in four people in the world will be affected by mental health problems at some point in their lives. Around 450 million people currently suffer from mental health problems, placing mental health among the leading causes of ill health worldwide. Nearly two-thirds of people with a known mental health problem never seek help from a health professional.
(World Health Organisation)



What causes mental illness?

- There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as
- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical condition[Cdc-pdf](#), such as cancer or diabetes.
- Biological factors, such as genes or chemical imbalances in the brain
- Use of alcohol or recreational drugs
- Having few friends
- Having feeling of loneliness or isolation

<https://www.cdc.gov/mentalhealth/learn/index.htm> 01.06.2021

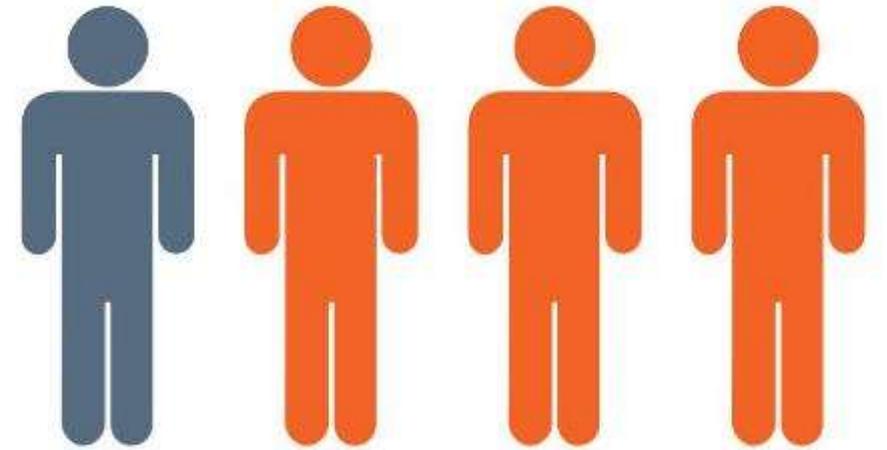


How common are mental illnesses?

- Mental illnesses are among the most common health conditions in the United States.
- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

<https://www.cdc.gov/mentalhealth/learn/index.htm> 01.06.2021

About 1 in 4 college students suffer from mental illness



While 1 in 4 college students suffer from some form of mental illness, and the college of Liberal Arts and Sciences allows students to withdraw due to mental illness, only about .01% withdrew last semester.

Source: Journal of the Royal College of Psychiatrists

Constitution of the Republic of Turkey - Article 56

- **Everyone has the right to live in a healthy, balanced environment.**
- It is the duty of the state and citizens to **improve the natural environment, and to prevent environmental pollution.**
- *To ensure that everyone leads their lives in conditions of physical and mental health and to secure cooperation in terms of human and material resources through economy....*



Constitution of the Republic of Turkey - Article 56

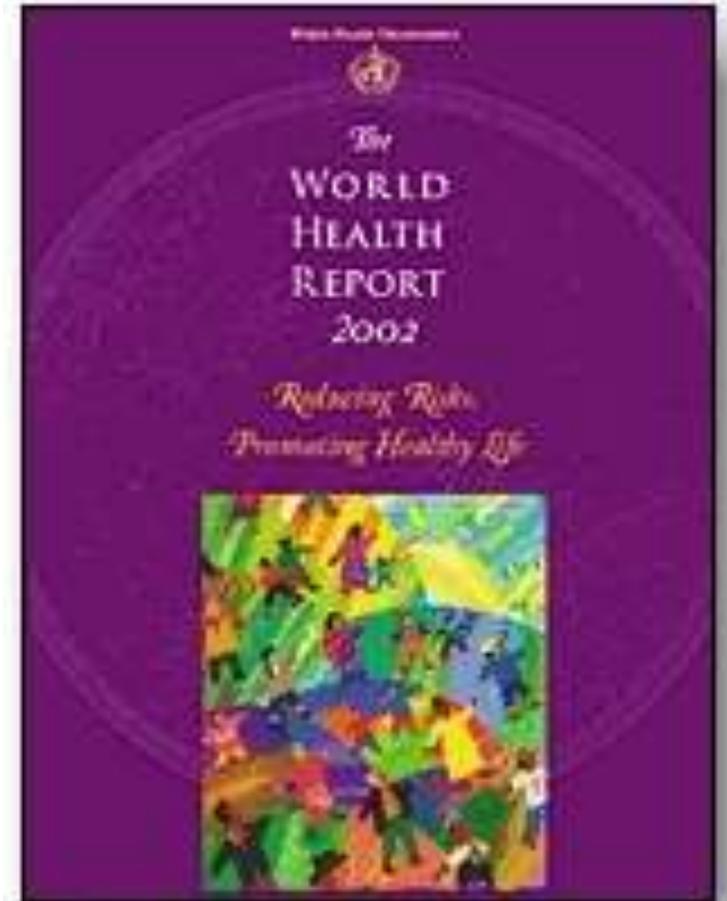
- *... and increased productivity, the state shall regulate central planning and functioning of the health services.*
- The state shall fulfill this task by utilizing and supervising the health and social assistance institutions, in both public and **private sectors**.
- In order to establish widespread health services, **general health insurance** may be introduced by law.



The world health report - 2001

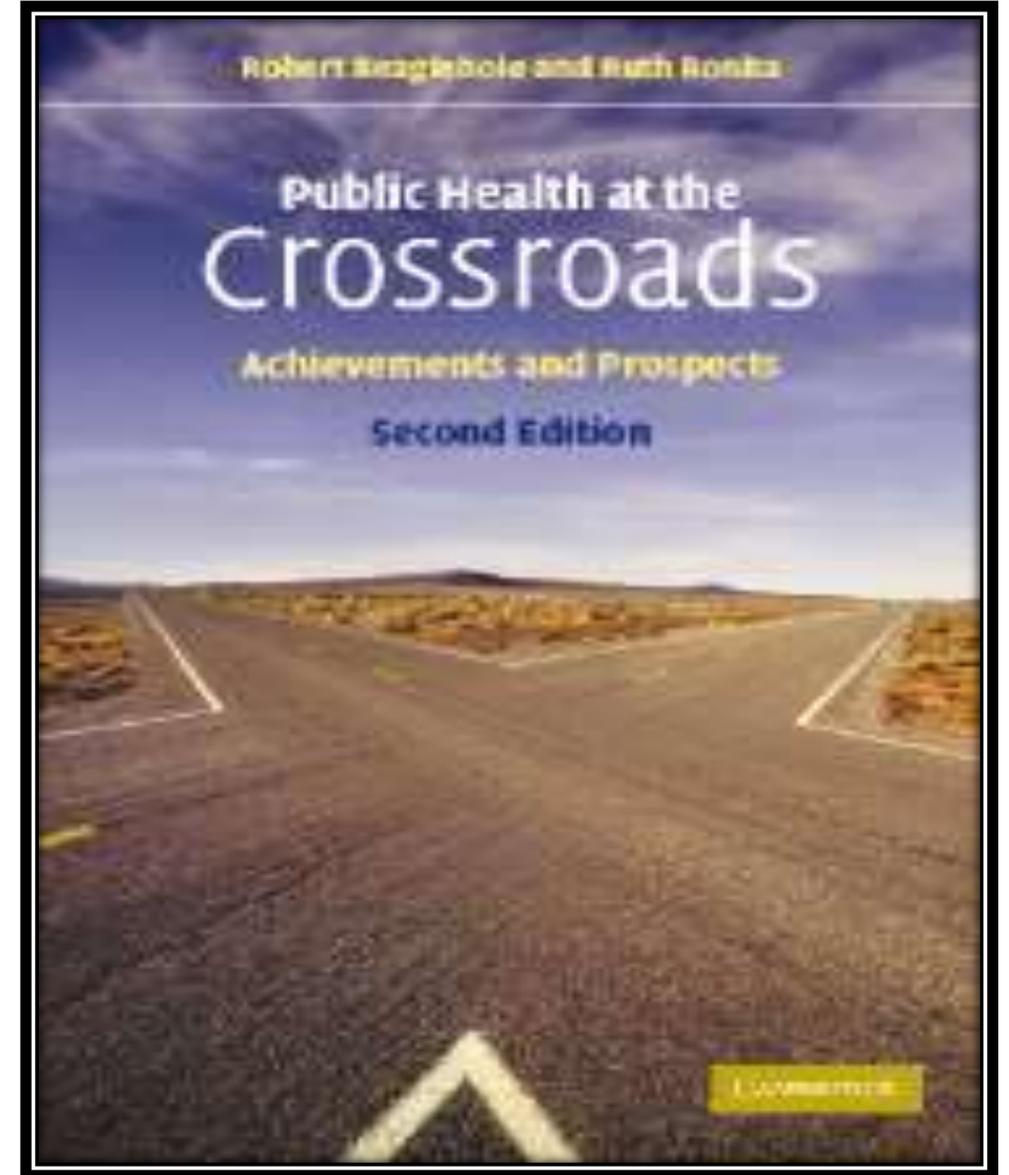
Mental health : new understanding, new hope

- *The 2001 report focuses on the fact that **mental health** -**neglected for far too long-** **is crucial** to the overall well-being of individuals, societies and countries.*
- *The report advocates policies that are urgently needed to ensure that **stigma** and **discrimination** are broken down and that effective prevention and treatment are put in place.*



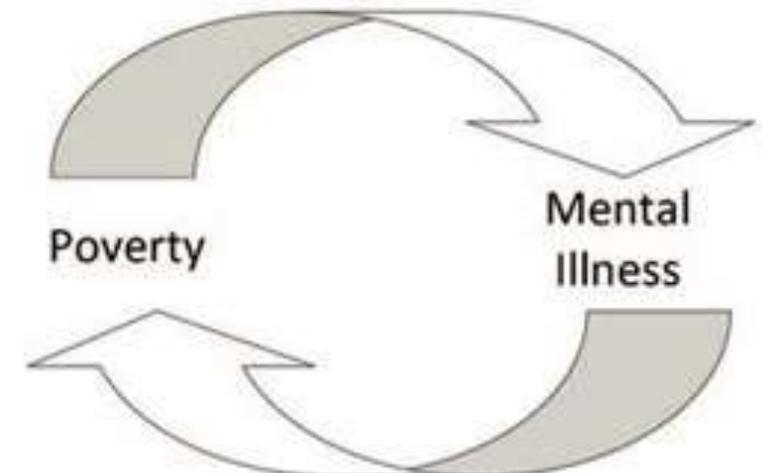
Public Health at the Crossroads

- From WHO, Prof.s Beaglehole & Bonita's very striking question :
- **Health status or disease status ?**
- **...health should be**
- **at the heart of the global development agenda..**



Public Health at the Crossroads : Achievements and Prospects

- *This book is an introduction to public health as a discipline and a critique of its recent development.*
- **Identifying poverty as the greatest continuing threat to health worldwide,** *it reviews epidemiological, demographic and public health trends internationally, and argues that the prospects for public health will improve only if health in a broad sense becomes a central concern of the policy-making process. By Beaglehole R, Bonita R. Both from the World Health Organization, Geneva, 2004*



- ❖ In 2018 the WHO Director-General identified **mental health** for accelerated implementation within WHO's work.
- ❖ This WHO Special Initiative seeks to ensure **Universal Health Coverage** involving access to quality and affordable care for mental health conditions in 12 countries to 100 million more people.
- ❖ The initiative will advance policies, advocacy and **human rights**, and scale-up quality interventions and services for people with **mental health** conditions, including substance use and neurological disorders.

***Out of sight .. Girls in mining!
Then; child mother!***





3 tekerlekle trafiğe çıktı!

► Sakarya'da, traktörünün ön lastiği olmayan bir çiftçi, traktörünü dengede tutmak için eşini sağ arka tekerleğin üstüne oturtup, yola öyle devam etti.

► Lastiğini tamirciye bıraktığını söyleyen çiftçi, "Böyle gitmek tehlikeli değil mi?" sorusuna, "Eşim traktörü dengede tutuyor, tehlike yok" cevabını verdi.

Good mental health is related to mental and psychological well-being. **WHO's** work to *improve the mental health* of individuals and society at large includes the promotion of mental well-being, the prevention of mental disorders, the protection of human rights and the care of people affected by **mental disorders**.

Araştırma Merkezi'ne göre Türkiye 1992'de
rak çocuk işçiliğiyle mücadelede yol kat etti.
en mesafe uzun. Çalışan 207 bin erkek
ız çocuğun 55 bini okula
okula gitmemiş.

1994-2006 arasında 6-14
ın oranını yüzde 8.5'ten
en 320 bin çocuk çalış-
ocuğun 70 bini,
kula de-
meyen
aklaşık

omik
ke-
p-
m
se-
yeli

92'de Uluslar-
D) Çocuk İşçili-
lararası Progra-
işçiliğiyle müca-
a çerçevesinde 1998'de
olarak belirledi ve
işçiliğini yasaklayan 138
ni kabul etti. Çalışma ve
n Çocuk İşçiliğinin Ön-
olitika ve Program Çer-
çocuk işçiliğinin tama-
gördü.

cocuk okumuyor

rası kız çocukların yüzde
3.3'ü çalışıyor. 320 bin ço-
de 65'i erkek, 70 bin erkek,
or. Oranlara bakıldığında 6-
ocukların yüzde 33.5'i, kız
devam etmiyor. BETAM,
ki böyle bir fark bulun-
ılanan cinsiyet ayrı-
m-

BETAM'ın açıklamasında şöyle denildi: "Okulu bira-
kanlar, çalışma hayatlarının geri kalanında da iyi ko-
şullarda çalışma olanağı bulamaz. Vasıfsız işçi
olarak işgücü arzlarının getirişi çok düşük. Ço-
cukları çalıştırmak yerine eğitmek Türki-
ye'nin beşeri sermayesini artıracak ve
dolayısıyla ekonomik açıdan daha ve-
rimli olacak. Bu çocuklar 2030 ya-
lında 26-35 yaşına gelip, işgü-
cü piyasasının belkemiğini
oluşturacaklar. Nüfus bü-
yümesini desteklemek
yerine varolan nü-
fusun eğitimine
önem vermek
daha verimli
bir politika
olacak-
tır."





What are psychiatric perspectives?

- Psychiatry approaches human mental health in 4 ways :

1- Diseases) - (Person HAS)

2- Behavior – (Person DOES)

3- Dimensions) – (Person IS)

4- Life Story) – (Person ENCOUNTERS)

(Dr. M.U. Çamsarı, MAYO Clinic)



Comprehensive mental health action plan 2013–2020

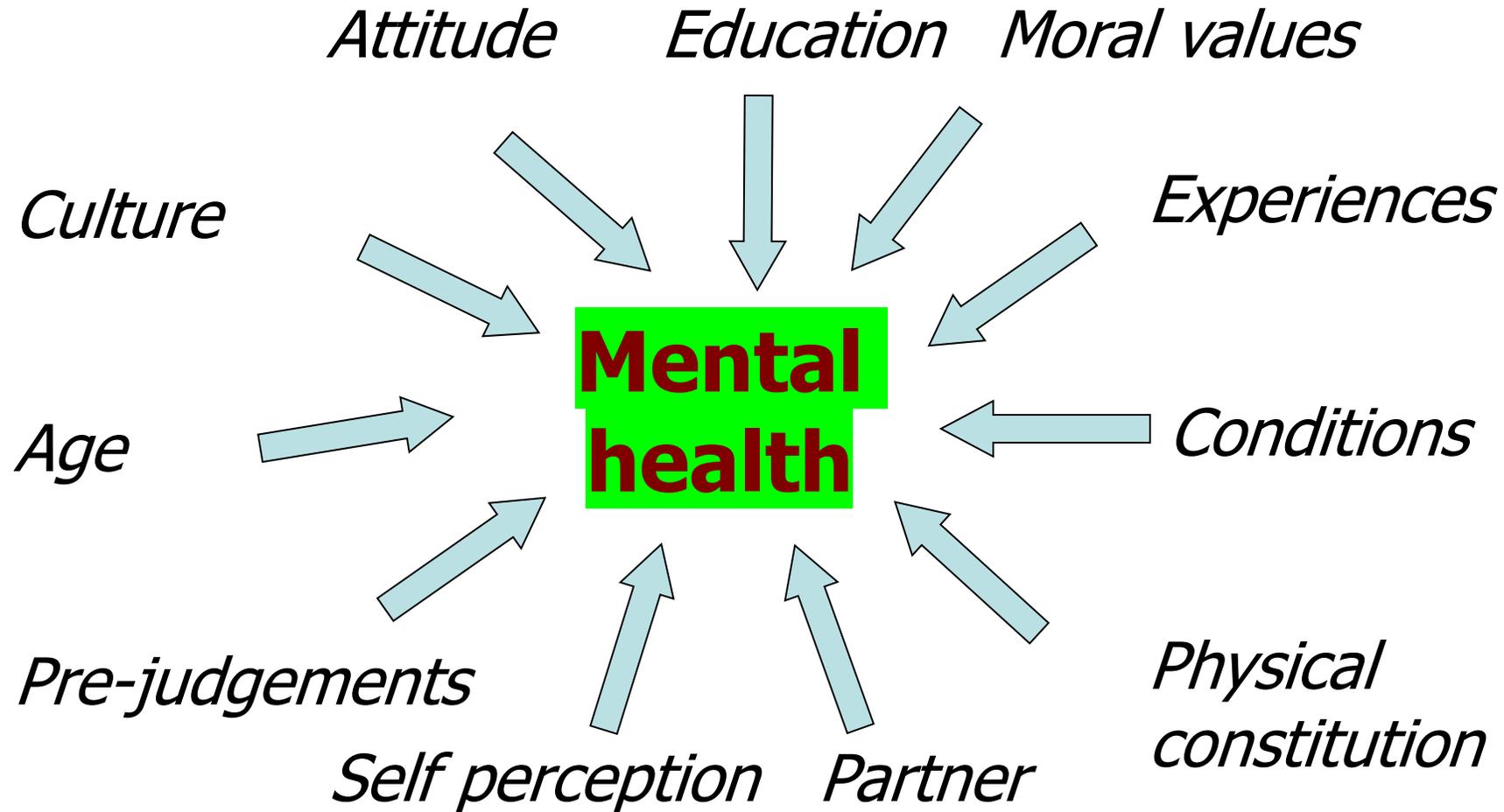
The Sixty-sixth World Health Assembly,

Having considered the report by the Secretariat on the draft comprehensive action plan 2013–2020, including the Annex,¹

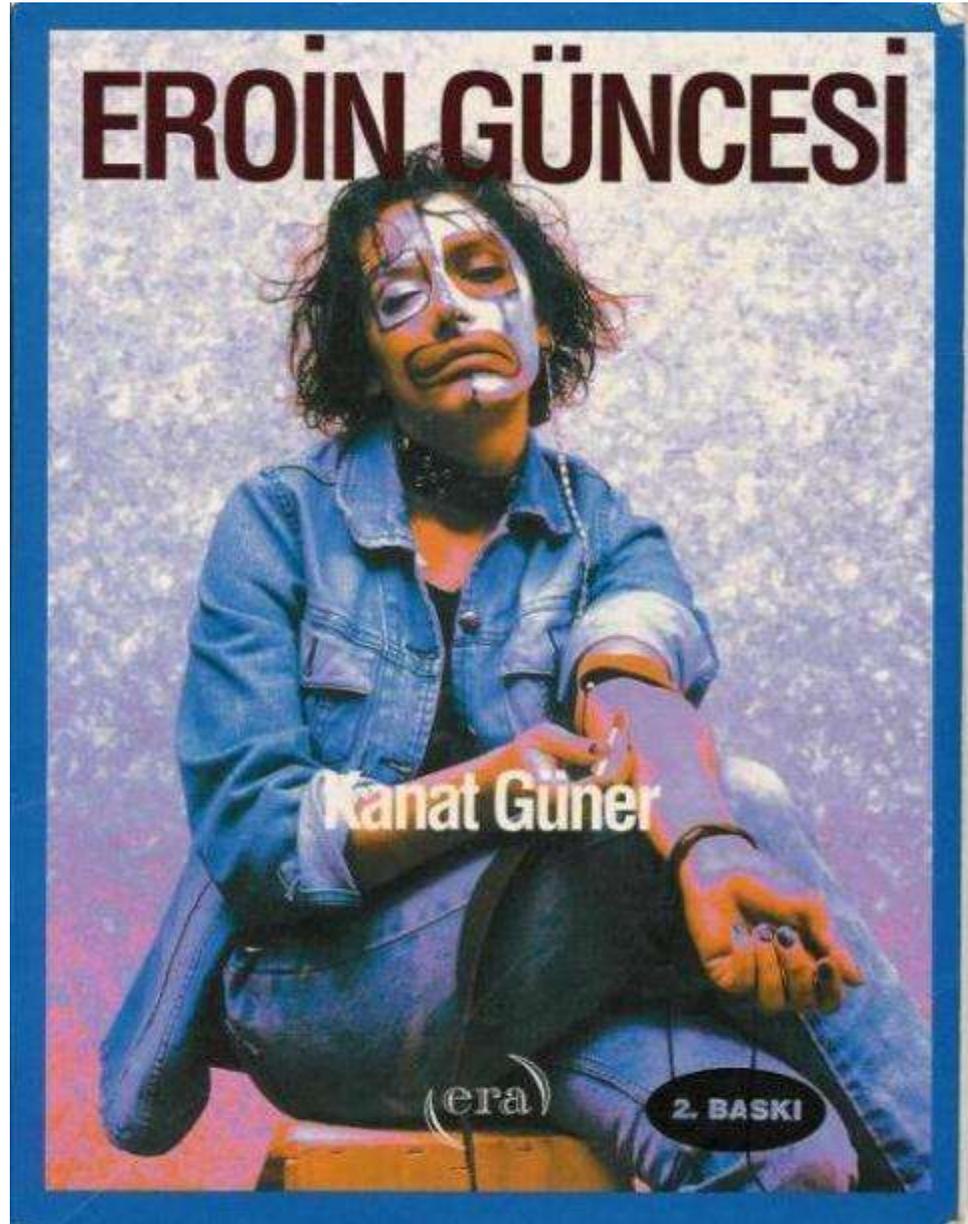
1. ADOPTS the comprehensive mental health action plan 2013–2020;
2. URGES Member States to implement the proposed actions for Member States in the comprehensive mental health action plan 2013–2020 as adapted to national priorities and specific national circumstances;
3. INVITES international, regional and national partners to take note of the comprehensive mental health action plan 2013–2020;
4. REQUESTS the Director-General to implement the actions for the Secretariat in the comprehensive mental health action plan 2013–2020 and to submit reports on the progress achieved in implementing the action plan, through the Executive Board, to the Sixty-eighth, Seventy-first and Seventy-fourth World Health Assemblies.



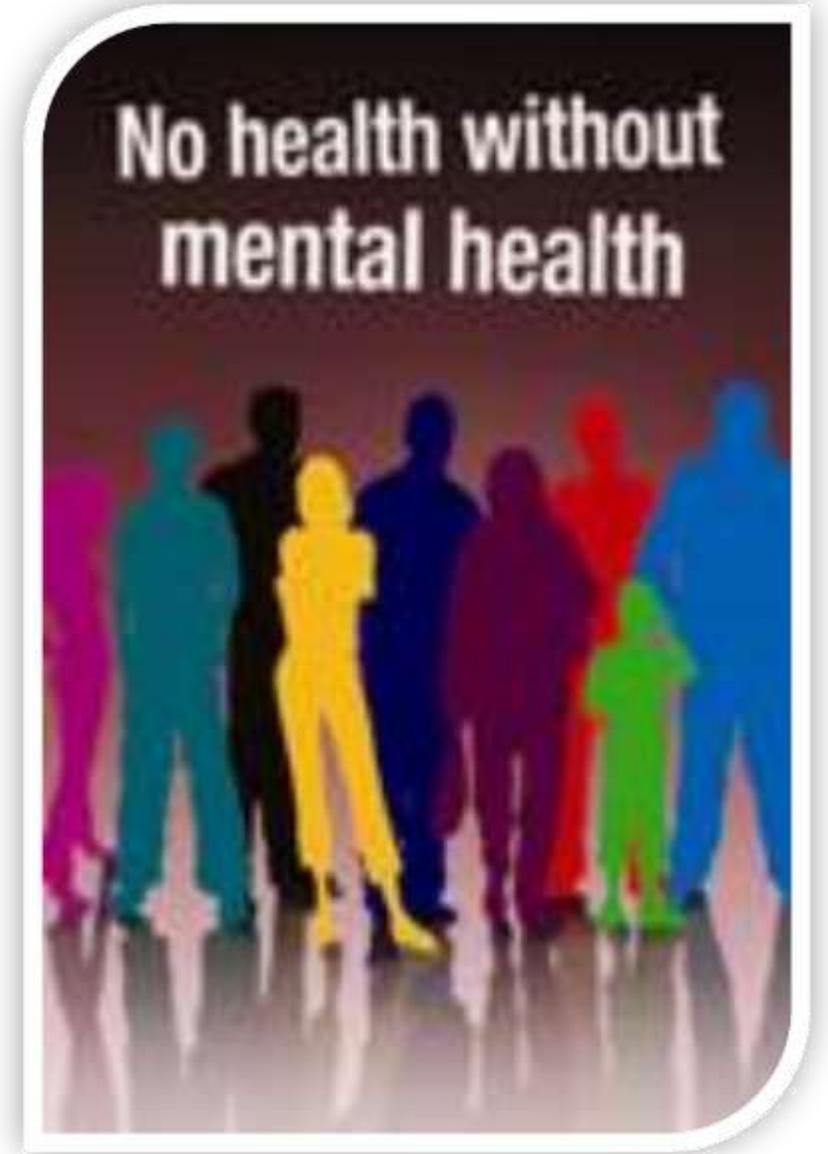
The relationships between the variables are not always simple, they are complex and very effective.



The study subjects of medical and health sciences (Biomedical sciences) are very variable. Proper analysis are required.

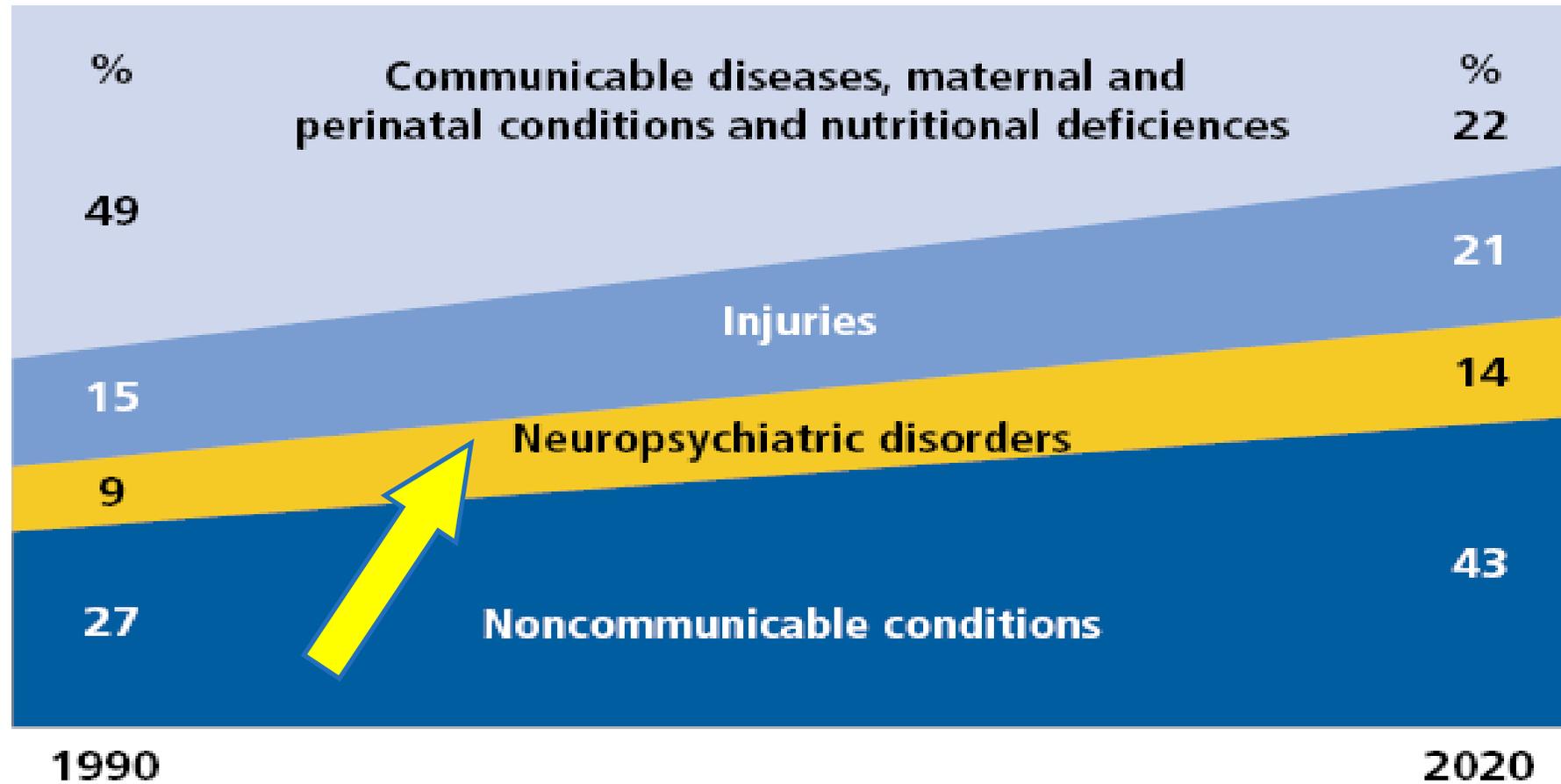


*Sad story
of a drug
dependent
medical
student :*
**HEROIN
AGENDA**



DALYs, by broad cause group 1990-2020 in developing countries (baseline scenario)

DALY = Disability-Adjusted Life Year



Source: WHO, Evidence, Information and Policy, 2000

Increasing burden of noncommunicable diseases and injuries change in rank order of DALYs for the 15 leading causes (baseline scenario)

1999 Disease or Injury

1. Acute lower respiratory infections
2. HIV/AIDS
3. Perinatal conditions
4. Diarrhoeal diseases
5. Unipolar major depression
6. Ischaemic heart disease
7. Cerebrovascular disease
8. Malaria
9. Road traffic injuries
10. Chronic obstructive pulmonary disease
11. Congenital abnormalities
12. Tuberculosis
13. Falls
14. Measles
15. Anaemias

2020 Disease or Injury

1. Ischaemic heart disease
2. Unipolar major depression
3. Road traffic injuries
4. Cerebrovascular disease
5. Chronic obstructive pulmonary disease
6. Lower respiratory infections
7. Tuberculosis
8. War
9. Diarrhoeal diseases
10. HIV
11. Perinatal conditions
12. Violence
13. Congenital abnormalities
14. Self-inflicted injuries
15. Trachea, bronchus and lung cancers



DALY = Disability-adjusted life year

Source: WHO, Evidence, Information and Policy, 2000

1.06.2021

www.abmetsalik.net

WORLD HEALTH ORGANIZATION



27

World Health Day - 7 April 2017

“The goal of our “*Depression: let’s talk*” campaign was for more people with **depression**, in all countries, to seek and get help.



World Mental Health Day 2019: focus on suicide prevention

*1 person dies every 40 seconds from **suicide**. Every suicide is a tragedy that has long-lasting effects on the people left behind. This year’s World Mental Health Day, on 10 October, will focus on what can be done to prevent suicide.*

Suicide: facts and figures

Suicide is the **second** leading cause of death among

15-29 year-olds

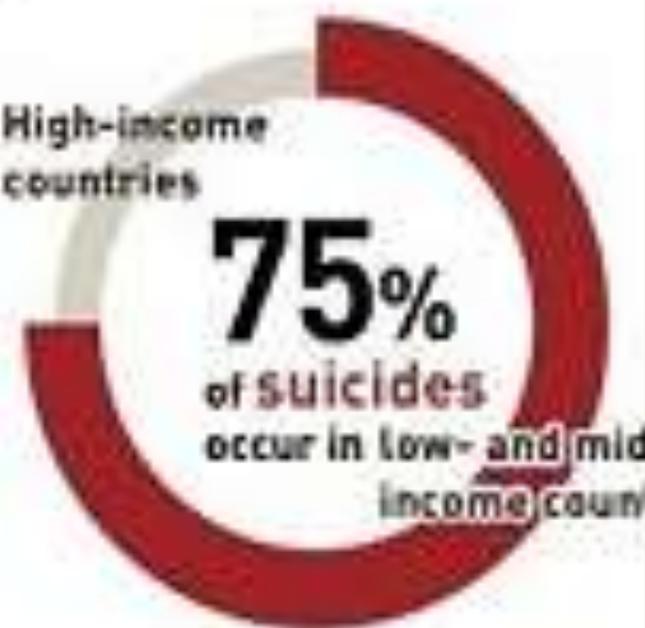


Over **800 000** people die by **suicide** every year

1 death every **40** seconds



High-income countries





Abraham Maslow

1908-1970

The father of humanistic psychology and creator of Maslow's Hierarchy of Needs.

Maslow's hierarchy of needs

Self-actualization

morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts

Esteem

self-esteem, confidence, achievement, respect of others, respect by others

Love/belonging

friendship, family, sexual intimacy

Safety

security of: body, employment, resources, morality, the family, health, property

Physiological

breathing, food, water, sex, sleep, homeostasis, excretion

Humanization takes place in the society, through education, through the process of "Socialization". It happens with appropriate life experiences with the opposite sex; He learns the «impulse control», otherwise he cannot, he remains at the animal level; It is painful, sad and embarrassed. It is possible to teach people not to be imprisoned of all their impulses, to prevent and civilize the "impulse control disorder" with a highly applied arts education.



What is mental illness?

- Mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia.*
- Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.*



1.06.2021



www.ahmetsaltik.net

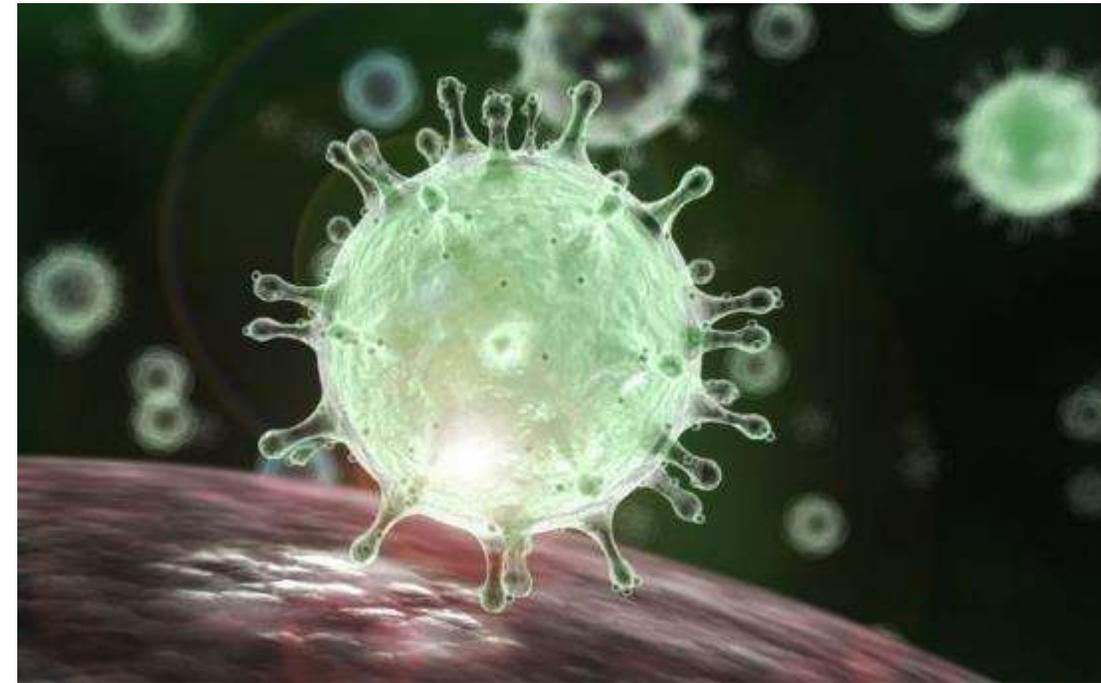
32

Team leaders or managers in health facility

Facilitate access to, and ensure staff are aware of where they can access mental health and psychosocial support services.

#Coronavirus

#COVID19





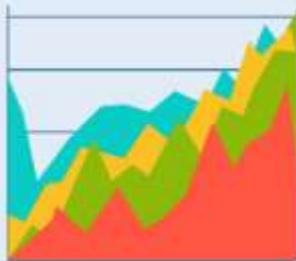
Mental Health

50%

of mental health disorders in teens appear before

14 YEARS-OLD

worldwide



DEPRESSION

is the **THIRD MOST COMMON** disease in the population



SUICIDE

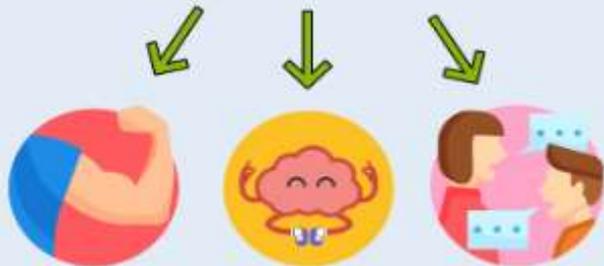
is the **SECOND** death cause in young people aged **14-29 YEARS-OLD**



800,000 people die by this cause globally

Mental illnesses are the most frequent cause of **DISABILITY** in adolescents globally and affects **EVERY** aspect in

HEALTH AND DEVELOPMENT



PHYSICAL

MENTAL

SOCIAL



www.paho.org

#LetsTalk

Tips for a good mental health

Be active!



Eat healthy



Enjoy walks with your family and friends



Get 8 hours of sleep every day



Look for professional help if you need it



Talk about your feelings with someone you trust



www.paho.org

#LetsTalk

- **Mental health** includes our emotional, **psychological**, and social well-being.
- It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make **healthy** choices.
- **Mental health is important at every stage of life, from childhood and adolescence through adulthood.**

Although the terms are often used interchangeably, poor mental health and mental illness are not the same things.

A person can experience poor mental health and not be diagnosed with a mental illness.

Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.



Mental health is not a destination, but a process. It's about how you drive, not where you're going



Thank You