Resources for Governance

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| Resources for Leadership to manage the integration of mental health care in primary health care  WHO mental health policy and service guidance packages: 13 modules for mental health policy, planning and service development, including:   1. [The mental health context](http://www.who.int/entity/mental_health/publications/essentialpackage1v6/en/index.html) 2. [Mental health policy, plans and programmes - update](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v1/en/index.html) 3. [Organization of services](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v2/en/index.html) 4. [Planning and budgeting to deliver services for mental health](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v3/en/index.html) 5. [Mental health financing](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v4/en/index.html) 6. [Advocacy for mental health](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v7/en/index.html) 7. [Quality improvement for mental health](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v8/en/index.html) 8. [Human resources and training in mental health](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v9/en/index.html) 9. [Improving access and use of psychotropic medicines](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v10/en/index.html) 10. [Child and adolescent mental health policies and plans](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v11/en/index.html) 11. [Mental Health Information Systems](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v12/en/index.html) 12. [Mental health policies and programmes in the workplace](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v13/en/index.html) 13. [Monitoring and evaluation of mental health policies and plans](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v14/en/index.html)   [Reforming mental health in Lebanon amid refugee crises](http://www.who.int/bulletin/volumes/94/8/16-030816/en/): interview with Rabih El Chammay who is leading Lebanon’s national mental health reform and has been head of the national mental health programme since 2014. A major pillar of the reform in Lebanon is the integration of mental health care into primary health care.  Overarching Resources  [WHO Mental Health Action Plan 2013-2020](http://www.who.int/mental_health/publications/action_plan/en/): “The action plan recognizes the essential role of mental health in achieving health for all people. It is based on a life-course approach, aims to achieve equity through universal health coverage and stresses the importance of prevention. Four major objectives are set forth: more effective leadership and governance for mental health; the provision of comprehensive, integrated mental health and social care services in community-based settings; implementation of strategies for promotion and prevention; and strengthened information systems, evidence and research.”  [East Mediterranean Health Journal Volume 21, issue 7, Supplement on Mental Health](http://www.emro.who.int/emhj-volume-21-2015/volume-21-issue-7/Page-1.html) – Issue of the EMHJ devoted to a new agenda for mental health in the Eastern Mediterranean Region. WHO-EMRO “commissioned teams of international experts to develop evidence briefs on key components of mental health systems. The remit of these briefs was to review and summarize national and international evidence relevant to EMR countries, and to suggest strategic interventions for ministries of health that are affordable, cost-effective and feasible to bridge the treatment gap in countries of the EMR. These briefs, were brought together in this theme issue of the EMHJ along with the framework for implementation, and represent the current best evidence for mental health interventions for the Member States of the EMR.”  [ODI Global Mental Health from a Policy Perspective: A Context Analysis Report](http://www.mhinnovation.net/resources/odi-global-mental-health-policy-perspective-context-analysis-report): present mental health as a policy issue, and gives a range of engagement strategies to help improve policy influence across aspects of the global mental health community. There is a background paper [Scaling-up treatment of depression and anxiety: a global return on investment analysis](http://www.who.int/mental_health/advocacy/investment_paper_lancet_psychiatry_final.pdf?ua=1) by Chisholm, Sweeney, Sheehan et al, Lancet Psychiatry, 2016.  [WHO & World Bank Group Out of the Shadows](http://www.who.int/mental_health/advocacy/wb_background_paper.pdf?ua=1): report on making mental health a global development priority, containing advocacy messages, case examples, the importance of integration, resource gaps, funding options, proposals for the future, and key policy actions.  [WHO Preventing Suicide: A Global Imperative](http://www.who.int/mental_health/suicide-prevention/world_report_2014/en/): “a global knowledge base on suicide and suicide attempts as well as actionable steps for countries based on their current resources and context to move forward in suicide prevention.”  [APPG Mental Health for Sustainable Development Report](http://www.mhinnovation.net/resources/appg-mental-health-sustainable-development-report): presents the development case for improving mental health, followed by what is being done to improve mental health globally, and considers how expertise and resources could be used more effectively (e.g. integrating mental health into existing physical health services and adapting mental health interventions to work across different cultures).  WHO SEARO [Strengthening primary care to address mental and neurological disorders](http://apps.who.int/iris/bitstream/10665/205937/1/B4987.pdf?ua=1), 2013  **IMC Our Approach to Building Sustainable Mental Health Services as part of general health care**: Summarises key aspects of a strategy to develop accessible, non-stigmatizing, cost-effective mental health care through existing PHC centres.    Patel, V., Belkin, G. S., Chockalingam, A., Cooper, J., Saxena, S., & Unützer, J. (2013). [Grand Challenges: Integrating Mental Health Services into Priority Health Care Platforms](http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1001448). PLoS Medicine, 10(5), e1001448.  [Disease Control Priorities 3rd Edition, 4 Mental, Neurological, and Substance Use Disorders](http://dcp-3.org/mentalhealth): comprehensive and systematic review of existing knowledge to help policy makers in resource constrained settings.  [WHO & the Calouste Gulbenkian Foundation Social Determinants of Mental Health](http://www.who.int/mental_health/publications/gulbenkian_paper_social_determinants_of_mental_health/en/): review of existing knowledge of social determinants of mental health using a life-course perspective, and sets out actions to promote and protect good mental health. |

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| Resources for Specific Governance Activities  Mental Health Policy and Planning  Refer to the components of the global [Comprehensive Mental Health Action Plan 2013-2020](http://www.who.int/mental_health/action_plan_2013/en/), and the [Proposed regional framework to scale up action on mental health in the Eastern Mediterranean Region](http://www.emro.who.int/emhj-volume-21-2015/volume-21-issue-7/proposed-regional-framework-to-scale-up-action-on-mental-health-in-the-eastern-mediterranean-region.html).  The [WHO Mental Health Policy and Service Guidance Package on Mental Health Policy, Plans and Programmes](http://www.who.int/mental_health/policy/services/essentialpackage1v1/en/) provides guidance on the essential steps towards developing a mental health policy (pages 17-45) and plan (pages 46-60). Pages 26-38 address the vision, values, objectives and areas for action in the mental health policy. It includes detailed guidance on promoting interactions between consumers and providers and other stakeholders (pages 74-77). There are case examples (pages 80-83) and a section on barriers and solutions (84-89). WHO has rescinded at ;east parts of this guidance package in the light of the Convention on the Rights of Persons with Disabilities and QuaityRights (see below).  [Mental health policy and strategic plan (Funk & Drew, 2015)](http://www.emro.who.int/emhj-volume-21-2015/volume-21-issue-7/mental-health-policy-and-strategic-plan.html) presents the case for mental health policies, describes the key components (e.g. human rights, service organisation, strengthening civil society and advocacy, quality improvement, sustainable financing and evaluation), recommendations for how Ministries of Health can proceed, and case studies from Jordan and Qatar.  [WHO MiNDbank](http://www.who.int/mental_health/mindbank/en/): “WHO MiNDbank is an online platform bringing together country and international resources, covering mental health, substance abuse, disability, general health, human rights and development. It is part of WHO’s QualityRights campaign to end violations against people with mental disabilities. MiNDbank aims to facilitate dialogue, advocacy and research, to promote reform in these areas in line with international human rights and best practice standards.”  [WHO QualityRights Tool Kit](http://www.who.int/mental_health/publications/QualityRights_toolkit/en/) provides practical information and tools for assessing and improving quality and human rights standards in mental health and social care facilities.  [WHO Information Sheet on the UN Convention on the Rights of Persons with Disabilities](http://www.who.int/mental_health/policy/legislation/4_UNConventionRightsofPersonswithDisabilities_Infosheet.pdf?ua=1) summarises the key provisions and also provides references and other useful links.  WHO Information Sheet on Mental Health Policies and Action Plans: key issues, definitions and recommendations for mental health policy and national action plans.    [Convention on the Rights of Persons with Disabilities](http://www.un.org/disabilities/documents/convention/convoptprot-e.pdf). Geneva, United Nations, 2006.  [Mental health and development: targeting people with mental health conditions as a vulnerable group](http://www.who.int/mental_health/policy/mhtargeting/en/) (WHO, 2010)  [WHO Checklist for Evaluation a Mental Health Policy](http://www.who.int/mental_health/policy/WHOPolicyChecklist_forwebsite.pdf): is intended to assist in “ensuring that the processes have been followed that are likely to lead to the success of the policy; and whether various content issues have been addressed and appropriate actions included in the policy.”  Report of the Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of physical and mental health. UN General Assembly,Human Rights Council Thirty-fifth session, 6-23 June 2017, Agenda item 3.    The [PRIME Project](http://www.centreforglobalmentalhealth.org/sites/www.centreforglobalmentalhealth.org/files/uploads/documents/PRIME_Brochure.pdf) have described their use of [stakeholder analysis](https://ijmhs.biomedcentral.com/articles/10.1186/s13033-015-0020-z) and the [theory of change approach](http://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-015-1097-4) with multiple stakeholder groups to develop their mental health plans.  Legislation  [Mental Health Legislation and Human Rights: WHO mental health policy and service guidance package.](http://www.who.int/mental_health/policy/services/7_legislation%20HR_WEB_07.pdf)  World Health Organization, 2003  [WHO resources on mental health, human rights and legislation](http://www.who.int/mental_health/policy/legislation/en/), Geneva: WHO  [WHO Resource Book on Mental Health, Human Rights and Legislation](http://www.who.int/mental_health/policy/essentialpackage2/en/): provides an overall context and content of mental health legislation and detailed guidance on drafting, adopting and implementing mental health legislation. Content of mental health legislation: definitions; access to mental health care; rights of users of mental health care and their families and carers; competence, capacity and guardianship; voluntary and involuntary mental health care; staff requirements for determining mental disorder; special treatments; seclusion and restraint; oversight and review mechanisms; police responsibilities; mentally ill offenders, and; protections for vulnerable groups. Webpage (link above) also includes a Checklist on Mental Health Legislation.  [United Nations. From exclusion to equality](http://www.un.org/disabilities/documents/toolaction/ipuhb.pdf): Realizing the rights of persons with disabilities: Handbook for parliamentarians on the Convention of the Rights of persons with disabilities and its optional protocol. [Internet]. Geneva: United Nations; 2007.  [Convention on the Rights of Persons with Disabilities.](http://www.un.org/disabilities/documents/convention/convoptprot-e.pdf) Adopted by the United Nations General Assembly in December 2006  WHO Information Sheet on Promoting the Rights of People with Mental Disabilities with key messages for governments; and guidance to improve access to good quality mental health care, protect against inhuman and degrading treatment, and involve mental health service users and families.    Case Examples  **Case study on mental health policy from Jordan** (reproduced from EMHJ Supplement on Mental Health, Vol 21, No 7, 2015)    **Case study on policy development and implementation in Qatar** (reproduced from EMHJ Supplement on Mental Health, Vol 21, No 7, 2015)    **Case Study on National Mental Health Programme in Lebanon**    [WHO Country Profiles: Mental Health in Development (WHO proMIND)](http://www.who.int/mental_health/policy/country/countrysummary/en/): outline key mental health needs and challenges within each country's political, economic and health context. They also describe the mental health services that are available in each country and summarise the major milestones and progress made in mental health. (18 country reports in June 2017, with more soon to come).  The [Mental Health in Development (WHO proMIND) Profile from the Hashemite Kingdom of Jordan](http://apps.who.int/iris/bitstream/10665/92504/1/9789241505666_eng.pdf) describes achievements in the project for the “provision of quality community mental health services that are equitable, cost-effective and accessible to all people ... [and that] reflect the comprehensive bio-psychosocial approach through multidisciplinary interventions, with emphasis on human rights, participatory approach and cultural relevance."  Ministry of Public Health. 2015. [Mental Health and Substance Use - Prevention, Promotion, and Treatment- Situation Analysis and Strategy for Lebanon 2015-2020.](http://www.mhinnovation.net/resources/national-mental-health-strategy-lebanon) Beirut: Lebanon: the National Mental Health Strategy of Lebanon.  Federal Democratic Republic of Ethiopia Ministry of Health’s (FMOH) [National Mental Health Strategy](http://www.prime.uct.ac.za/research-uptake/prime-in-the-media/82-ethiopian-ministry-of-health-launches-national-mental-health-strategy-2012-2016) (2012/13 – 2015/16).  PRIME Policy Brief 10. [Integration of mental health into primary care in low and middle-income countries: The PRIME mental healthcare plans](https://drive.google.com/file/d/0Bx0PCsiKdZkCdVE0RExrdmEyRHc/view): describes the development and evaluation of PRIME mental healthcare plans to scale up mental health service in five low- and middle- income countries (India, Ethiopia, Nepal, South Africa and Uganda). There are links from the Policy Brief to more detailed reports in the British Journal of Psychiatry Supplement Oct 2015  [Implementation of WHO Quality Rights assessment In Kabul Mental Health Hospital](http://www.mhinnovation.net/resources/implementation-who-quality-rights-assessment-kabul-mental-health-hospital): to assess the quality of mental health services and human rights condition in the Kabul Mental Health Hospital (KMHH) and provide recommendations for development of an improvement plan and to update and revise the National Mental Health Policy, Strategy and Plan |

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| Resources for Developing a Collaborative Plan of Action  WHO mental health policy and service guidance packages: [Planning and budgeting to deliver services for mental health](http://www.who.int/entity/mental_health/policy/services/essentialpackage1v3/en/index.html)  [Results Based Management, Concepts and Methodology, UNDP, 2000](http://web.undp.org/evaluation/documents/RBMConceptsMethodgyjuly2002.pdf): provides a framework for strategic planning and management based defining realistic expected results, monitoring progress toward the expected results, integrating lessons learned into management decisions and reporting on performance.  [Theory of Change Toolkit](http://www.mhinnovation.net/resources/theory-change-toolkit): an approach to developing, implementing and evaluating development programmes for complex interventions. The toolkit describes how to develop, refine and evaluate Theory of Change frameworks  [Normalization Process Theory](http://www.normalizationprocess.org/): includes the NPT toolkit, which provides managers, clinicians and researchers with a robust conceptual model of implementation and integration processes to work through implementation and integration problems in health care.  [MHF Pathways to Policy. A Toolkit for Grassroots Involvement in Mental Health Policy](http://www.mentalhealthpromotion.net/?i=promenpol.en.toolkit.482): “aimed at including people with mental distress in policy making. It gave people with mental health problems a voice by actively involving them in decision making processes, forums etc. The tool includes useful sheets for policy workshops and forums incl. evaluation sheets.”  Case Examples  PRIME Policy Brief 7. [Setting priorities for mental health care in Nepal](https://drive.google.com/file/d/0Bx0PCsiKdZkCN0JtV19nNDlYZGM/view): a formative study: to investigate the challenges and opportunities for the development and fine-tuning of a comprehensive mental health care plan. The study follows a combined methods design that includes a priority setting study, running workshops to develop a Theory of Change and conducting a qualitative exercise.  [Building Back Better](http://www.who.int/mental_health/emergencies/building_back_better/en/): ten case examples from countries undergoing prolonged conflict to those struck by devastating natural disasters showing to how they built momentum for mental health reform.  **Case Study: role of family associations in improving quality of mental health care in Morocco** (reproduced from EMHJ Supplement on Mental Health, Vol 21, No 7, 2015) |

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| Resources for Advocacy Activities  Detailed practical guidance on advocacy activities can be found in the [WHO Mental Health Policy and Service Guidance Package Advocacy for Mental Health](http://www.who.int/mental_health/policy/services/1_advocacy_WEB_07.pdf).  The Mental Health Innovations Network have developed a [Global Mental Health Communications Toolkit](http://www.mhinnovation.net/resources/global-mental-health-communications-toolkit), which “aims to help global mental health researchers communicate their findings to their stakeholders. The principles in this toolkit can be applied to all stakeholders, including policy-makers, and to key messages about your project’s implementation and policy influence activities. This toolkit will help you to know: 1. How to package your key messages to make them remembered and acted upon by your stakeholders. 2. How to plan your communications methods and activities to achieve your project and policy objectives. 3. How to produce communications products, including impact statements, blogs, infographics and policy briefs, to communicate your key messages to your stakeholders.”  The “[Global Mental Health Policy Influence Toolkit](http://www.mhinnovation.net/resources/global-mental-health-policy-influence-toolkit#.Vh52jvlVhBc)” can also be downloaded from the Mental Health Innovations Network website. It was produced by the Research and Policy in Development (RAPID) team at the Overseas Development Institute (ODI). “It aims to provide researchers testing innovations in mental health with a set of tools to help them develop their policy influence or engagement strategy. If used together, these tools should help you decide what activities you do to change the way policy-makers engage with your project – and ultimately to see your recommendations and activities achieve better uptake with policy-makers and influencers.” It includes tools for mapping policy-makers, influencers and other stakeholder, creating a policy influence plan, your position as ‘knowledge broker’. And indentifying and accessing ‘champions’.  [FundaMentalSDG Advocacy Campaign Toolkit](http://www.mhinnovation.net/resources/fundamentalsdg-advocacy-campaign-toolkit#.WFA7z30Reag) supports the #FundaMentalSDG global initiative “aiming to include a specific mental health target in the post-2015 agenda, committed to the belief that there can be no health without mental health, and that there can be no substantial development without including mental health into the post-2015 agenda”.  The BasicNeeds' and Christian Blind Mission [Self Advocacy Toolkit](http://www.cbm.org/article/downloads/54741/The_Self_Advocacy_Toolkit_-_For_Mental_Health_Service_Users.pdf) (Ntulo CN) aims to enhance consumer empowerment in mental health and development by providing the skills, resources and opportunity to persons with mental disorders or users of mental health services and their carers in implemention and sustainability.  The Advocacy Tools file includes a worksheet supporting the steps of planning and implementing an advocacy plan, a project checklist, and an advocacy exercise.    [IASC Advocacy Package – IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings](https://interagencystandingcommittee.org/system/files/legacy_files/1304936629-UNICEF-Advocacy-april29-Enghlish.pdf): describes the advocacy campaign with standard messages and tools on the IASC MHPSS Guidelines by the IASC MHPSS Reference Group.  Case Example  Hann K, Pearson H, Campbell D et al (2015). [Factors for success in mental health advocacy](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4685298/). Global Health Action, 8(1), 28791. |