



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

Firstly, from the IMPACT Consortium and Technical Secretariat, we hope you have had an energetic and optimistic start to 2011 and wish you health and success for the year.

In agreement with the Commission's DG for Health and Consumers we have the pleasure of presenting the fifth edition of the newsletter on the implementation of the European Pact for Mental Health and Well-being. In the Newsletter below, you will find a summary of recent progress and an outline of the ongoing implementation phase of the Mental Health Pact, including information on the **next Thematic Conference, to be held in Berlin on Mental Health in Workplaces**, as well as updates on current activities, relevant initiatives and events being held in connection with the Pact.

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## 1. INTRODUCTION AND BACKGROUND:

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

- In June 2008, the “**European Pact for Mental Health and Well-being**” was launched at the High Level Conference “Together for Mental Health and Well-Being”. The Pact is a statement of commitment from European Member States to a long-term process of exchange, cooperation and coordination on key challenges relating to mental health, and provides an EU-framework enabling exchange and cooperation between stakeholders in different sectors including health, employment and education on the challenges and opportunities in promoting better mental health.
- The pact is available in 22 different language versions, which can be found under "highlights" on SANCO website: [http://ec.europa.eu/health/mental\\_health/policy/index\\_en.htm](http://ec.europa.eu/health/mental_health/policy/index_en.htm).
- The Pact entered its **implementation phase** in 2009 with a series of **five Thematic Conferences** in each of the priority areas, which are hosted by Member States in partnership with European Commission and other stakeholders. The Thematic Conferences held or planned to take place are:

- 29 – 30 September 2009 → **Promotion of Mental Health and Well-being of Children and Adolescents** – Swedish European Presidency event, Stockholm.
- 10 – 11 December 2009 → **Prevention of Suicide and Depression** – Event hosted by the Hungarian Ministry of Health in Budapest.
- 28 – 29 June 2010 → **Older People’s Mental Health and Well-being** – Spanish European Presidency event, Madrid.
- 8 – 9 November 2010 → **Promoting Social Inclusion and Combating Stigma** – Event hosted by the Portuguese Ministry of Health in Lisbon.
- 3 – 4 March 2011 → **Promoting Mental Health and Well-Being in Workplaces** – Event hosted by the German Ministry of Health in Berlin, in cooperation with the German Ministry of Labour and Social Affairs.

- To facilitate and encourage the longer-term exchange and uptake of good practice across European Member States, the Commission set up **the EU Compass** – an online resource providing a collection of statements, relevant documents and a database of good practice and policies for the improvement and promotion of mental health and well-being. Read more below...

## 2. LOOKING FORWARD -

# "Promoting Mental Health and Well-Being in Workplaces "

THEMATIC CONFERENCE. 3<sup>RD</sup>- 4<sup>TH</sup> MARCH 2011, BERLIN

- Preparations are nearing completion for the fifth European Commission Thematic Conference, which will be the final, action-oriented event in the series to facilitate implementation of the European Pact for Mental Health and Well-being. This event, with a focus on mental health in workplaces, will take place in Berlin under the Hungarian Presidency of the Council of the European Union, on the 3rd and 4th March 2011. The conference will be by invitation only and organisers are currently finalising the conference programme, participation and background documents.
- This conference aims to make the public health case for action, and address the following **questions**:
  1. How can a more holistic approach to mental well-being at work be strengthened?
  2. What opportunities exist for social welfare to support workplace initiatives to strengthen the ability of individuals to cope with the stress and strains of working life?
  3. How might funders of health care systems and social welfare/security collaborate with workplace stakeholders to implement measures to promote and protect mental health?
  4. What specific principles are salient to foster well-being and increase mental capital in different types of organisations - private and public, small, medium or large?
- The event will present **examples of good practice** corporate leadership initiatives, strategies and programmes to promote mental health, prevent mental health problems, and to retain or reintegrate people with mental health problems into work, and consider these can be transferred to different contexts across Europe. Outcomes of the conference will include recommendations for action.
- Around **350 participants** are expected to attend this event, which is by invitation only, including high level representatives from Member States' governments, international institutions, employers, social partners, NGOs, relevant experts and workers' organisations.

## SOME CONFIRMED SPEAKERS

<b>Stefan Kapferer</b> , Secretary of State, Federal Ministry of Health of Germany	<b>Miklos Szocska</b> , Secretary of State, Hungarian Presidency of the Council of the European Union
<b>Dame Carol Black</b> , National Director for Health and Work, United Kingdom	<b>Lennart Levi</b> , Professor , Karolinska Institute, Sweden
<b>Andrzej Rys</b> , Director Public Health and Risk Assessment, Directorate-General for Health and Consumers, European Commission	<b>Karin Knufmann-Happe</b> , Head of Department, Prevention, Health Protection, Combating Diseases, Biomedicine, Federal Ministry of Health, Germany
<b>Dieter Zapf</b> , European Federation of Psychologists Associations	<b>Hans-Peter Unger</b> , Asklepios Clinic, Hamburg-Harburg, Germany
<b>Kris De Meester</b> , Director health and safety affairs, BusinessEurope	<b>Martin Knapp</b> , Professor of Social Policy, London School of Economics, UK
<b>Nadja Cobal</b> , Ministry of Health of the Republic of Slovenia	<b>Heinz Kaltenbach</b> , Managing Director, BKK Federal Association, Germany
<b>Samo Fakin</b> , General Director, Health Insurance Institute of Slovenia	<b>Marianne Richard-Molard / Philippe Bielec</b> , Ministry of Labour, France / CNAMTS, France
<b>Andreas Storm</b> , Secretary of State, Federal Ministry of Labour and Social Affairs, Germany	<b>Zsuzsanna Jakab</b> , Regional Director, WHO-Europe
<b>Fabienne Scandella</b> , European Trade Union Institute (ETUI)	<b>Helmut Brand</b> , Maastricht University, The Netherlands
<b>Paul Litchfield</b> , Chief Medical Officer, BT Group	<b>Eva Jané-Llopis</b> , Head of Chronic Disease and Wellness programme, World Economic Forum.
<b>Konstanty Radziwill</b> , President, Standing Committee of European Doctors	<b>Alain Sommer</b> , Head of the occupational medicine department, Arcelor Mittal

The draft programme for the event can be seen on the EC mental health web pages:  
[http://ec.europa.eu/health/mental\\_health/events/ev\\_20110303\\_en.htm](http://ec.europa.eu/health/mental_health/events/ev_20110303_en.htm)

- The forthcoming conference on **Promoting Mental Health and Well-Being in Workplaces (Berlin, 3- 4 March)** is by invitation only. If you haven't received an invitation letter, and you wish to attend the conference please contact: [mentalhealth2011berlin@onetec.be](mailto:mentalhealth2011berlin@onetec.be)

## 2. PREVIOUS THEMATIC CONFERENCE

# "Mental Health in Older People - Making it Happen"

THEMATIC CONFERENCE. 8<sup>TH</sup> - 9<sup>TH</sup> NOVEMBER, LISBON



- The fourth European Commission Thematic Conference, addressing the cross-cutting topics of social inclusion and stigma, was a key element in the implementation of the European Pact for Mental Health and Well-being. The conference was organised by the European Commission and Portuguese Ministry of Health with the support of the Belgian Presidency of the EU, in Lisbon, 28<sup>th</sup>-29<sup>th</sup> June 2010. The event was opened by European Health Commissioner Dalli.
- The event was planned to be **action-oriented**, with the aim of giving concrete proposals for action and highlighting solutions rather than stopping at defining and describing problems. In line with previous thematic events, the conference pursued a number of **objectives**:
  - 1) To raise awareness about the links between mental (ill-)health and wellbeing, on the one hand, and social inclusion and protection, on the other hand;
  - 2) To highlight good practice in policy and stakeholder action to promote the social inclusion of people experiencing mental health problems, and to combating their discrimination and stigmatisation;
  - 3) To strengthen the commitment to such action, in particular through collaborative measures between policies and professionals in the health and social fields.

- Nearly **300 participants** attended this event, which was by invitation only, including high-level representatives from the Commission, Member States' governments, international institutions and NGOs, and relevant experts, including experts by experience and (ex-)service users.
  
- The conference presented current research findings, including from EU public health and research projects, highlighted good examples in policy action and professional practice, and promote collaboration between health and social fields. Presentations were invited from a variety of actors and were structured around **5 sub-themes** or implementation domains:
  - 1) Social protection, social inclusion and mental health
  - 2) Breaking the cycle of discrimination due to mental health problems
  - 3) Employment and meaningful activities as routes to recovery
  - 4) Rights, responsibility and citizenship
  - 5) Comprehensive care for people with mental health problems
  
- The conference was participatory in its preparation and execution. Stakeholders, representatives, professionals and experts were invited to feed into the event in a number of ways:
  - A conference **background document** was developed by a group of leading experts in the 5 sub-themes, which included **key messages and actions** aimed at informing and orienting action and policy to improve social inclusion and combat discrimination on the grounds of mental health status. The document is available online at: [http://ec.europa.eu/health/mental\\_health/docs/ev\\_20101108\\_bgdocs\\_en.pdf](http://ec.europa.eu/health/mental_health/docs/ev_20101108_bgdocs_en.pdf)
  
  - A section of the **online database** of good practices in the field, including policies and programmes, has been developed and is being filled. Please find more information below and at: [https://webgate.ec.europa.eu/sanco\\_mental\\_health/](https://webgate.ec.europa.eu/sanco_mental_health/).
  
- **The conference report**, comprising detailed minutes of the presentations and overall conclusions arising from the event, are now online and can be downloaded from: [http://ec.europa.eu/health/mental\\_health/docs/ev\\_20101108\\_frep\\_en.pdf](http://ec.europa.eu/health/mental_health/docs/ev_20101108_frep_en.pdf).

- A number of **key issues and points** were raised by speakers and participants during the conference:

The **key principles for promoting social inclusion and combating stigma** in mental health are:

- (i) the social inclusion of mental health services,
- (ii) the promotion of direct personal contacts between the population and people with mental health problems
- (iii) empowerment and the protection of the rights of people with mental health problems, in particular the right to employment or meaningful activity

The **key measures** are:

- (i) Putting in place high quality community-based and comprehensive mental health
- (ii) services which replace institutional models where necessary
- (iii) Placing mental health in the context of social and local development
- (iv) Enabling people with mental disorders to practice their rights
- (v) Empowering users
- (vi) Involving informal carers

The **role of the EC** is:

- (i) to promote the exchange and coordination between Member States and to encourage reform and leadership in them,
- (ii) to offer EU-financial instruments to support Member States in their measures,
- (iii) to reduce the risk that these funds are being used in counterproductive ways

A more complete account of the **conference conclusions** developed by the conference organisers is available online at: [http://ec.europa.eu/health/mental\\_health/docs/ev\\_20101108\\_concl\\_en.pdf](http://ec.europa.eu/health/mental_health/docs/ev_20101108_concl_en.pdf)

#### 4. THE EU COMPASS DATABASE OF GOOD PRACTICE AND POLICIES – ONGOING PROGRESS AND HIGHLIGHTS.



[http://ec.europa.eu/health/mental\\_health/eu\\_compass/index\\_en.htm](http://ec.europa.eu/health/mental_health/eu_compass/index_en.htm)

[http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/mental\\_health\\_compass\\_en.htm](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 over 130 examples of policy and practice.
  - 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.
  - 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.
  - 4) **Implementation**. A number of Statements from relevant stakeholders, organisations, institutions and public bodies demonstrating support to the process and commitment to future action in mental health.

- The 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 recent inputs included in the social inclusion and workplace areas are:

**POLICIES AND  
GOOD PRACTICES**

- Mind UK's campaign for mentally healthy employment - Taking Care of Business
- Rete Toscana Utenti (Patients network in Tuscany), Italy
  - Create@Tate, UK
- Policy review (Reporting system) on national strategies to reduce social inequalities in health, Norway



**REPORTS, STUDIES AND DOCUMENTS**

- Stigma: International Briefing Paper. Health Scotland and WHO Collaborating Centre
  - Active Inclusion of young people with disabilities or health problems. Eurofound.
- NICE Guidance: Guidance for employers on promoting mental wellbeing in workplace
  - Living Conditions, Social Exclusion and Mental Well-being. Second European Quality of Life Survey.

- As stakeholders, **you are invited to send examples of good practice and policies, statements of commitment and relevant reports and/or studies** in your area(s) of activity in the 5 priority areas of the Pact: youth and education, prevention of depression and suicide, mental health among older people, promoting social inclusion and combating stigma for better mental health and **now also on mental health and well-being in workplaces.**
- If you wish to make a contribution to the EU Compass, in any of the 5 priority areas, you can do so by completing the online template or by downloading the Word templates available through the web page: [http://ec.europa.eu/health/mental\\_health/eu\\_compass/add/index\\_en.htm](http://ec.europa.eu/health/mental_health/eu_compass/add/index_en.htm).

## EXAMPLES OF SELECTED GOOD PRACTICES

► **The Quality Indicator for Rehabilitative Care (QuIRC)** is an international quality assessment toolkit for longer-term mental health facilities, based in hospital or community settings which is brief, accessible, reliable and useful at a local, regional, national and international level for the assessment and review of care standard performance. It is also useable as a research tool.

The QuIRC was developed by research partners in ten countries (UK; Germany; Spain; Czech Republic; Bulgaria; Italy; Netherlands; Poland; Greece and Portugal) through a review of care standards in each country; an international literature review; and Delphi exercises with service users, carers, advocates and mental health professionals in each country. Validation of the QuIRC ratings given by the unit manager against service users' experiences of care in the same units was good. This means that the toolkit can provide a proxy measure of service users' experiences of care where direct service user assessments are not possible.

The QuIRC is available online in 9 European languages: <http://www.quirc.eu/>

► **The Caravan of Truth: Face to Face Conversations, Greece**

The aim of this project, developed by Association of Families and Friends for Mental Health in the County of Serres (SOFPSI N. SERRON), was the de-stigmatisation of mental disorders and the promotion of mental health through a series of speeches and open meetings carried out in different cities all over Greece. The innovative feature of these lectures is that only *consumers* of psychiatric services present as topics introducers and therefore redefine the experts' role as a part of the audience.

Evaluation of the project shows benefits in both consumers' psycho-social rehabilitation and social mobilization. The personal contact between service users/consumers and the community seems to be the cornerstone for success. The outcomes demonstrate the necessity of mental health promotion initiative involving better information and organized bodies rendering social care services, both led by the patients with mental health problems themselves.

Evaluation has qualitatively shown that the "Caravan of Truth" has a positive effect on the participating consumers' self-esteem and self-confidence levels, as well as on their social skills and capacity, also based on the sense of social acceptance.

## 5. LATEST NEWS AND EVENTS.

*Forthcoming events:*

- **ELAC for migrant elders - First “European Local Authorities Competition on Good Practices on the Support for Migrant Elders’ Initiatives” – award ceremony**

9th February 2011 (14.30 onwards), Brussels

The winners of the first “European Local Authorities Competition on Good Practices on the Support for Migrant Elders’ Initiatives“ (ELAC for migrant elders) will be awarded for outstanding municipal initiatives for the improvement of the quality of life of migrant elders. Sixteen very interesting projects for migrant elders were nominated and three very innovative and transferable projects have been decided by the jury winners of the competition. The project welcome the public to the awards ceremony, which will take place at the Committee of the Regions (Rue Belliard 99-101, room JDE 51) in Brussels. For further information and registration, please see: <http://www.aamee-elac.eu/ELACinenglish>

- **European Debate on Evidence-based Mental Health Promotion and Prevention of Mental Disorders**

14th – 15th of February, The Hague, Netherlands

This invitational conference will present the outcomes of the three year DataPrev project, offering an overview on the available evidence-based and cost-effective approaches, programmes and strategies, with the launch of a new European Database. In line with the Pact implementation phase, the DataPrev project has investigated effective prevention and promotion initiatives in groups and settings across the lifespan: Parenting, schools, workplace, older people and economic evaluations/best buys for policies and programmes. The conference will be highly interactive, discussing facilitators and barriers for the large scale implementation of effective interventions and strategies with partners from policy, science and practice from over 30 European countries the perspectives. The conference will provide a unique opportunity for a Europe-wide learning process as well as a promise to influence national and international policy to support prevention and promotion in mental health. Those interested in attending should visit the Conference Website at <http://www.dataprevproject.net/conference2011/> to find further details or contact the conference secretariat directly: [dataprev@psych.ru.nl](mailto:dataprev@psych.ru.nl).

- **Federal Chamber of Psychotherapists in Germany (BPtK) conference: Psychotherapy in Europe – Disease Management Strategies for Depression**

23rd February, 2011, Berlin

The conference aims to an insight into the status quo of psychotherapeutic healthcare in different

European health systems based on exemplary national concepts. The focus is on disease management strategies for the treatment of depression as the importance of depression increases all over Europe. Representatives from different countries will report on their national concepts. A future project of a common "Network Psychotherapy" will also be discussed in order to improve and establish high standards for psychotherapy in Europe. The programme is available at [http://www2.bptk.de/uploads/110223\\_flyer.pdf](http://www2.bptk.de/uploads/110223_flyer.pdf). Interested people are kindly asked to send an e-mail (containing their first name & last name, position, organisation) to [info@bptk.de](mailto:info@bptk.de).

- **European SMES Seminar: “SHARING and PARTICIPATING, challenge for active inclusion promoting Dignified Life and Mental Health”**

16th – 18th March 2011, Bucharest, Romania.

Extreme poverty is an increasingly visible phenomenon with numerous homeless people suffering social and psychological problems. SMES-Europa (Santé Mentale et Exclusion Sociale), together with Romanian partner Organisations, is preparing a Conference focusing on poverty, exclusion and mental health, with a special focus on ‘invisible wounds’ of intra-European migrants, open to practitioners, volunteers and researchers working for people experiencing poverty and social exclusion in Mental Health and Social fields.

The seminar will address the following topics:

- Outreach work: as a professional aptitude and new approaches, to go where they are needed: homes, shelters, street, squats. Mobile and interdisciplinary teams: projects, aims, evaluation, proposals
- Deinstitutionalisation, from cure to care: from Institutional to Community-based Care, possible alternatives: diverse ideas, legislation and systems, experimental projects and daily practices in social and psychiatric fields
- Empowerment, rehabilitation, citizenship for each person – because diversity is important for society. Work and jobs; Social cooperatives and social enterprises.

More information, pre-programme and registration details are available at: [http://www.smes-europa.org/info\\_bucharest\\_conf.htm](http://www.smes-europa.org/info_bucharest_conf.htm)

- **Tenth ICMPE Workshop on Costs and Assessment in Psychiatry "MENTAL HEALTH POLICY AND ECONOMICS "**

25th – 27th March 2011, Venice, Italy

Since 1990 nine international workshops, aimed at facilitating the integration of research performed in disciplines that evaluate the mental health field from different scientific perspectives, have been organized in collaboration with the World Health Organization (WHO) and the World Psychiatric Association (WPA) ([www.icmpe.org](http://www.icmpe.org)). These workshops have enabled participants (psychiatrists, health economists, psychologists, medical sociologists, public health researchers

and statisticians from universities, government agencies and hospital research units) to come together and discuss empirical findings from clinical and economic evaluation studies and seek ways of using this information in health policy decision making. Further information can be found on the workshop web pages at: <http://www.icmpe.org/test1/events/events.htm>

- **The 16th International Conference of the Association of Psychology & Psychiatry for Adults & Children: “Neuropsychiatric, Psychological and Social Updates & Challenges”**

May 17th – 20th, 2011, Athens, Greece.

Deadline for abstract submissions: February 14th, 2011.

The 16th A.P.P.A.C. International Conference will aim to provide the opportunity to get in touch with the latest knowledge and exchange ideas with worldwide distinguished experts from different scientific areas, in a true multidisciplinary approach. The event will try to work further towards this direction, bringing participants closer to the progress on scientific research concerning clinical psychiatry, psychopathology, psychology, new diagnostic and treatment methods, genetics, and neurosciences. In the Conference, the human dimension will be emphasised, linking science with society. To this end, there will be sessions with the participation of social workers, nurses, social anthropologists, educators etc. For further details, please see [www.appac.gr](http://www.appac.gr) or contact: [congress@appac.gr](mailto:congress@appac.gr).

*Recent events and new initiatives:*

- **Completion of the ITHACA project: Announcing a new European Toolkit to monitor Human Rights and General Health Care in Mental Health Facilities**

The Institutional Treatment, Human Rights and Care Assessment (ITHACA) Toolkit has recently been developed by a consortium from across 15 EU countries, funded by the European Commission. The ITHACA Toolkit provides a clear and practical way to monitor human rights and general health care in mental health facilities. The Toolkit was designed by services users, human rights experts, psychiatrists, psychologists and social scientists. It has been successfully field tested in 87 sites across 15 countries, covering a wide range of mental health care settings and can identify both human rights violations and examples of good practice in protecting, respecting and fulfilling the rights of persons with mental disabilities. Over 100 service users participated in the focus groups which were conducted in all 15 countries. A key component of this consultation was to build service user capacity and involvement. The ITHACA Toolkit is now available in the following languages: Bulgarian, Czech, Dutch, English, Finnish, German, Greek, Italian, Hungarian, Lithuanian, Romanian, Slovak, Turkish. For further information of the ITHACA Toolkit

please go to our website at <http://www.ithaca-study.eu/>, or contact Graham Thornicroft at: [graham.thornicroft@kcl.ac.uk](mailto:graham.thornicroft@kcl.ac.uk). The English language version of the toolkit is available here: <http://www.ithaca-study.eu/results.html>

- **New Mental Health Promotion Portal Launched**

The ProMenPol Project, which finished in 2010, had developed one of the most visited mental health promotion websites in Europe. Regularly visited by thousands of people per month, its functionality of tools and methods for mental health promotion across the lifecycle is being maintained and augmented through a new mental health promotion portal, active since October 28th 2010: <http://www.mentalhealthpromotion.net/>

This Portal will extend the range of information available on the ProMenPol website to include a site dedicated to e-learning in relation to mental health promotion and a site dedicated to supporting the implementation of mental health promotion in the schools, workplace and older people's residence settings.

The new portal includes 4 different web sites: **ENMHP: European Network for Mental Health Promotion (ENMHP)** - an umbrella for mental health promotion websites; **ProMenPol** - containing all the material and tools developed within the lifetime of the ProMenPol Project; **Mind-Health** - dedicated to providing training in mental health promotion via an e-learning package; **MHP-Hands** - dedicated to the development and testing of a set of implementation manuals for mental health promotion.

- **Belgian Presidency Forum on well-being at work:**

November 22<sup>nd</sup> – 24<sup>th</sup> 2010: The European Commission together with the Belgium presidency of the Council of the European Union, held a Forum, “investing in well being at work and addressing psychosocial risks in time of change”, with the purpose of disseminating:

- research findings on the health impact of restructuring, stress at work, and risk assessments at Europe's workplaces;
- information on the implementation of the European social partners' framework agreement on work-related stress
- High-level presentations on the political framework in Member States

The economic crisis has accelerated the pace at which Europe's companies and their workers have to adapt, and restructuring at the workplace can have a profound impact on health. In many European countries, changes in the world of work have come to be discussed as a risk for the psychosocial health of workers. The Framework Directive for Occupational Health and Safety offers a preventive approach based on risk assessment that also involves psychosocial factors. Building on this, the social partners have agreed and implemented a European framework

agreement that provides an action-oriented framework on identifying, preventing, and managing work-related stress.

- **VINTAGE Project outcomes: New report and databases on Best Practices and Grey Literature**

The VINTAGE project - Good Health into Older Age – has been running since 2009, funded by the European Commission. The main objective of VINTAGE is to improve knowledge and to build capacity, encouraging evidence- and experience-based decisions for prevention of harmful use of alcohol among elderly subjects, all over European countries. The project is of relevance to the Pact priority area on Older People’s Mental Health, and was mentioned in the background paper for the Thematic Conference on this topic in Madrid. New project outputs are now available on the web pages: <http://www.epicentro.iss.it/vintage/outputs.asp>:

- VINTAGE report “Best practices on preventing the harmful use of alcohol amongst older people, including transition from work to retirement”, concerning effective policies and programmes on the prevention of alcohol use among older people;
- VINTAGE Database on Best Practices - information on the main initiatives aimed at preventing or reducing harmful alcohol use among older people resulting from a European survey;
- VINTAGE Database on Grey Literature - information on all documents retrieved through the grey literature review of projects, programmes, good practices, laws and infrastructures aimed at preventing the harmful alcohol use in the elderly.

*Relevant research, reports and documents:*

- **2010 Eurobarometer on Mental Health**

11 October 2010: The Commission published a new Eurobarometer survey report on mental health (Special Eurobarometer 345 / Wave 73.2). The fieldwork for the survey was carried out between 26 February and 17 March 2010, and it is a follow up to the survey report published in May 2006. This report includes the 27 Member States. The questionnaire used in this survey has been considerably revised to reflect the study objectives today, with several new questions added and some modified since the previous study. Nevertheless, where possible, comparisons have been made to the survey conducted between 7 December 2005 and 11 January 2006. The main themes addressed in this report are: The state of mental well-being; The level of psychosocial comfort at work; Care and treatment sought and used; Perceptions of people with mental illness and contact with people affected by mental illness. The report and 27 country factsheets can be downloaded from [http://ec.europa.eu/health/mental\\_health/eurobarometers/index\\_en.htm](http://ec.europa.eu/health/mental_health/eurobarometers/index_en.htm).

- **Evidence in Public Mental Health – Commissioning, interpreting and making use of evidence on mental health promotion and mental disorder prevention: an everyday primer**  
8<sup>th</sup> November 2010: The evidence primer on public mental health (authored by: Eva Jané-Llopis, Heinz Katschnig, David McDaid and Kristian Wahlbeck) was re-launched at the Commission Thematic Conference on Social Inclusion and Stigma in Lisbon. The aim of this primer is to support decision makers in assessing and evaluating available evidence, identifying potential biases, and supporting informed decision-making processes for the implementation of mental health promotion and mental disorder prevention. In addition to clarifying concepts on evidence for promotion and prevention in mental health, the goal of this primer is also to encourage and emphasise the need for using the most appropriate evidence and/or evaluation methods to match the question being asked, to inform on the need for evidence-based assessment, and to help interpret the results of interventions, while highlighting the key issues that should be taken into account when reporting results of a given intervention. The primer stresses the contexts in which the use of evidence can be crucial, such as in providing information to feed decisions on the large scale implementation of a given intervention or strategy. Finally, it identifies guidelines that can support decision makers to judge or appraise the different types of evidence available for such interventions. The primer is available at: <http://tinyurl.com/6h83f4r>

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**This newsletter has been prepared by the technical secretariat of the IMPACT Consortium, at Gencat (Department of Health 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.**