



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 of presenting the fourth 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, 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 LAUNCH OF THE EUROPEAN PACT ON 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” with the objectives of **supporting and informing Member States and other stakeholders, promoting best practice and encouraging actions, to help address common challenges and tackle health inequalities.** 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.
- The pact is now available in 22 different language versions, which have been validated by different Member States. The different languages versions of the Pact can be found under "highlights" on SANCO website: http://ec.europa.eu/health/mental_health/policy/index_en.htm.

IMPLEMENTATION PHASE OF THE PACT

- The Pact entered its **implementation phase** in 2009. Stakeholders and policy makers are encouraged in action towards promoting mental health and well-being and preventing mental disorders 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 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 → **Mental Health in the Workplace** – Event hosted by the German Ministry of Health in Berlin, in cooperation with the 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.

"Mental Health in Older People - Making it Happen"

THEMATIC CONFERENCE. 28TH - 29TH JUNE, MADRID



- The third European Commission Thematic Conference, addressing the pressing and important issue of mental health and wellbeing in older people, was a key element in the implementation of the European Pact for Mental Health and Well-being. The conference was organised by DG SANCO and the Spanish Ministry of Health and Social Affairs, as an event under the Spanish Presidency, in Madrid, 28th-29th June 2010.
- The event pursued three **objectives**:
 - 1) To raise visibility of the importance of mental health and wellbeing in older people 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 mental health and wellbeing in older people.
- More than **150 participants** attended this event, which was by invitation only, including high level representatives from Member States' governments, international institutions and NGOs, relevant experts, and older people themselves.

- **Presentations** were invited from a variety of actors and were structured around **5 sub-themes** or implementation domains:
 - 1) Sub- theme 1: Mental health promotion in old age: healthy ageing and wellbeing
 - 2) Sub- theme 2: Older people in vulnerable situations
 - 3) Sub- theme 3: Prevention of mental disorders
 - 4) Sub- theme 4: Care and treatment systems
 - 5) Sub- theme 5: Informal carers
- The conference was action-oriented and highly participatory in its preparation and execution. Stakeholders, representatives, professionals and experts were invited to feed into the event in a number of ways:
 - Several conference **background documents** were developed, including **key messages and actions** aimed at informing and orienting action and policy to improve mental health of older people 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/mental_health/events/ev_20100419_en.htm#fragment2
 - 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/.
 - 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 organisers' conclusions** for the conference can be found on:
http://ec.europa.eu/health/mental_health/docs/ev_20100628_rep_en.pdf
- A number of **key issues and points modifying the conclusions** were raised by speakers and participants during the conference:

- The **aging of population** will have profound consequences in Europe and will require immediate and concrete policy response and actions in Member States to ensure good mental health and wellbeing in this growing age group.
- **Combating ageism** (negative stereotypes and attitudes against ageing and older people) must be addressed, along with a greater public recognition and action to prevent **elder abuse**.

- Older people must be recognised as a widely **heterogeneous and diverse** group in their mental health needs, and interventions should be tailored to these variety.
- **Older women** often face specific risks both as sufferers of mental health problems and care givers. Gender-specific policies and interventions must be strengthened.
- **Promoting social inclusion** and combating **isolation and loneliness** of older people is of special relevance and should be considered as a priority, including initiatives geared towards active ageing.
- The promotion of **active partnerships**, collaboration and exchange networks between health and social actors in the field, and **including older people** themselves in developing plans and practices has an essential role.
- **Dissemination of innovative ideas** and approaches are specially needed in the field. A better visibility of practical relevance and social marketing could help to transfer results into the practice and policy field (e.g. by including powerful national ministries)
- **Mental health promotion research** related to older people should be strengthened, and particularly where the evidence base is weakest, such as resilience factors in old age, the effectiveness of concrete interventions (e.g. ICT, volunteering or one-to-one support measures) or the economic value of supporting informal carers.

A more complete account of the final conference conclusions can be seen in the **Conference Report**, in which presentations and discussions at the event are also detailed. The report is available online at: http://ec.europa.eu/health/mental_health/docs/ev_20100628_report_en.pdf

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



http://ec.europa.eu/health/mental_health/eu_compass/index_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 100 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.
 - 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, Institutions and public bodies demonstrating support to the process and commitment to future action in mental health.

- 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 in this priority area are:

POLICIES AND GOOD PRACTICES

- Older people and Social Isolation: Resource Pack, UK
- Next task - Social Companions 60+, Austria
- National Health Plan Health on promotion of healthy lifestyles and disability prevention for older people, Italy
 - Plan for the support Caregivers in the Andalusian Health Service, Spain
- Service Vouchers for older people, Finland



REPORTS AND STUDIES

- How to promote Ageing Well in Europe: Instruments and tools available to local and regional actors. AGE Platform & Committee of the Regions.
- Services for older people in Europe, Facts and figures about long term care services in Europe. ESN.
- Healthy Ageing- A Challenge for Europe. The Healthy Ageing Project.
- Evidence-Based Guidelines on Health Promotion for Older People. HealthPROelderly Project.

- 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 for the priority areas of youth and education, prevention of depression and suicide, mental health among older people and **now also on promoting social inclusion and combating stigma for better mental health.**
- If you wish to make your contribution to the EU Compass, please use the online template available at: https://webgate.ec.europa.eu/sanco_mental_health/. You will first need to register as a "new user" on the same pages. Alternatively, you can also submit one of the Word templates available at http://ec.europa.eu/health/mental_health/eu_compass/add/index_en.htm#nothing to the technical secretariat at: ec-mentalhealthprocess@gencat.cat.

DESCRIPTIONS OF SELECTED GOOD PRACTICES

➤ **Older People and Social Isolation; a resource pack (practice tool for stakeholders), UK.**

This package contains information, supporting training materials, key contacts and general advice for anyone wanting to tackle the complex issues involved in addressing social isolation in old age. The materials are intended to be comprehensive and easy to use and have been considered ideal to update skills, to improve knowledge and to share best practice information for all professionals, from any sector.

The resource has been developed by Leeds Older People's Forum and their Social Isolation Peer Support Group In partnership with the Link Age Plus Project. It is free and can be downloaded from: <http://www.opforum.webeden.co.uk/#/social-isolation/4522666178>

Main achievements, according to authors:

- - 3 editions produced
- - Widely disseminated nationally and internationally
- - Quoted in international texts
- - Put into practice

➤ **Exercise Looks After You (“El Ejercicio te Cuida”), Spain.**

Walking-based exercise programme combined with social interaction, funded by the Regional Government of Extremadura, in Spain.

The main objectives are to: a) enhance the mental health of older people, b) reduce inequalities, and c) reduce consultations in primary care.

The target group includes older people with moderate depression and risk factors for metabolic syndrome. Additional sub-groups are older people from socioeconomically deprived areas, those with reduced mobility or with additional psychosocial risk factors.

The programme includes inexpensive screening in primary care followed by counselling and referral to sports specialists. A structured walking-based group activity is offered, in which interaction with peers is facilitated. Individual periodical assessment reports are prepared to reinforce the coordination between the professionals involved in the programme.

After 3 years of implementation, more than 4000 people from 130 municipalities exercise regularly with the programme. Results from evaluation studies show significant improvements in fitness and a 30% reduction in depression. The programme has reduced also the number of consultations in primary care, especially amongst those who reported higher levels of depression at baseline.

5. LATEST NEWS AND EVENTS.

Forthcoming events:

- **Next Mental Health Pact Thematic Conferences:**

“Promoting social Inclusion and Combating Stigma for better Mental Health”.

The fourth Thematic Conference in the implementation series will address the transversal themes of social inclusion and stigmatisation, both in terms of their roles as determinants of mental health and in terms of effective initiatives to promote social inclusion and combat stigma experienced by those who suffer from mental health problems. The event will be organised by the European Commission in collaboration with the Portuguese Ministry of Health and is planned to take place in Lisbon on 8th-9th November 2010. Preparations for the programme and conference background documents are underway, speakers are being contacted and official invitations will be issued after the summer.

For updates and more information, please see the Commission mental health web pages at: http://ec.europa.eu/health/mental_health/policy/conferences/index_en.htm

“Promoting Mental Health and Well-being at the Workplace”

On 3-4 March 2011, the European Commission's Directorate General for Health and Consumers and the German Federal Ministry of Health will organise, in cooperation with the Commission's Directorate General for Employment, Social Affairs and Equal Opportunities and the German Federal Ministry of Labour and Social Affairs, in Berlin the EU-conference “Promoting Mental Health and Well-being at the Workplace”. The support of the Hungarian EU-Presidency to the conference will be requested. The conference will aim to raise awareness about the relevance of mental health and well-being for workplaces and the challenges and opportunities in workplace mental health and wellbeing.

- **ESCAP Conference: "Promotion of Mental Health and Well-being of Children and Adolescents in Europe by developing scientific, academic and consumer collaboration"**

The European Society for Child and Adolescent Psychiatry (ESCAP) will organise an invitational conference on the "Promotion of Mental Health and Well-being of Children and Adolescents in Europe by developing scientific, academic and consumer collaboration" on the 28-29th of August 2010 in Tampere, Finland. ESCAP is an umbrella organisation which has national societies of child and adolescent psychiatry from 32 European countries as its members and the Presidents of each national society will participate in the conference. The aim is to develop ESCAP so that it will have researchers, clinicians and consumers as its members. Jürgen Schefflein from the European Commission DG Health and Consumers and Matt Muijen from WHO Europe will present their

views on promoting mental health in Europe. The President of ESCAP, Professor Tuula Tamminen, will focus on how to build bridges between professionals and consumers in order to support and help people in need and to develop appropriate services and treatments in all parts of Europe.

- **Empowerment Leadership Meeting**

The WHO Regional Office for Europe with the support of the European Commission Directorate for Health and Consumers will hold a Leadership Meeting on Empowerment in Mental Health, hosted by EUFAMI (European Federation of Associations of Families of People with Mental Illness), on 27th and 28th October 2010 at The Leuven Institute for Ireland in Europe, Leuven, Belgium. The meeting will bring together local and national champions of empowerment and government representatives to discuss concrete opportunities for user and family carer empowerment and will also include a very unique exhibition – The Marketplace – where delegates will be able to view and discuss many examples of user empowerment good practices.

- **New ProMenPol portal to be launched**

The recently finished ProMenPol project developed one of the most visited mental health promotion websites, which was regularly visited by thousands of people per month. Its functionality of tools and methods for mental health promotion across the lifecycle will be maintained and augmented with the launch of a new mental health portal at the end of August 2010. This Portal will extend the range of information available on the ProMenPol site to include sites dedicated to e-learning in relation to mental health promotion and to supporting the implementation of mental health promotion in the schools, workplace and older people's residence settings. In addition, the new mental health promotion portal will build on the network of more than 600 mental health promotion professionals to create what is planned to be the largest network dedicated to mental health promotion in Europe and elsewhere. For more information about the new portal, please contact: Dr. Richard Wynne, Work Research Centre, r.wynne@wrc-research.ie or visit the ProMenPol website at: www.mentalhealthpromotion.net

Recent events and new initiatives:

- **New ESN Policy & Practice Group on mental health**

The European Social Network (ESN) has been previously working in the area of mental health, most notably through the organisation of the seminar "Building partnerships in mental health for economic and social integration", held in Madrid at the end of 2009. Mental health has also been a cross cutting issue in other policy work carried by the European Social Network. The work of the group will feed into the activities planned in the framework of the European Pact of Mental Health

and Wellbeing, focusing on 3 priority areas: 1. Mental health of older people; 2. Combating stigma and social exclusion; 3. Mental health in Workplace Settings. The work of the group will include taking part in consultations, issuing policy statements, preparing and presenting input into high-level EU policy events. The group met for the first time in July 2010, and will meet again to reassess progress towards their objectives in September. For more information on ESN policy and practice initiatives, please see: <http://www.esn-eu.org/policy-and-practice-overview/index.htm>

- **Learning for Well-being Consortium session in EFC event on children and youth**

On the 1st June, International Children's Day, during the European Foundation Centre (EFC) 'Foundation Week', the Learning for Well-being Consortium of Foundations in Europe joined forces with the EFC Children and Youth Funders Group and Eurochild to organize a full-day event in Brussels dedicated to children and youth. It consisted of three consecutive sessions focusing on different aspects of children's rights, participation and learning for well-being. As well as debates, there was a networking lunch where foundations could showcase their work with children and youth. The Consortium's session was entitled 'How European Foundations contribute to the 'learning for well-being' of children and youth in their diverse environments'. For more information on the Learning for Wellbeing Consortium, please see <http://www.learningforwellbeing.org/>.

- **Gallup European Well-being Summit 2010: Measuring the Emotional Economy in the 21st Century**

The Gallup Institute's European Wellbeing Summit on 19th–20th May 2010, in Brussels, brought together European policymakers, world-renowned research scientists, and recognised leaders from the private and public sectors, the healthcare industry and government. The aim of this meeting was to enhance the understanding of crucial issues that affect the wellbeing of Europeans and the world's citizens and provide a thorough understanding of its many desirable outcomes and how measurements of wellbeing and behavioural economics are essential to effective policy-making and can be used to develop stable communities, and grow successful and sustainable economies, cities and organisations, in light of today's global challenges and the current economic turmoil. For more information, please see <http://institute.gallup.lu/index.html>.

- **Launch of the European Parliament's interest Group on Mental Health**

The launch and first formal meeting of the European Parliament Interest Group on Mental Health took place on 28 April this year. Co-chaired by MEPs Ms. Antonya Parvanova, Ms. Nessa Childers and Ms. Glenis Willmott, the group meets 3 times a year, with the aim of ensuring that mental health and the interest of those experiencing mental health problems is high on the EU policy agenda. Nessa Childers, participating in the Commission Thematic Conference for Older People's Mental Health, invited delegates to input to the agenda of the EP interest group.

Relevant research, reports and documents:

- **AVOW – Information on the prevalence of violence and abuse against older women in domestic settings available soon**

The first results of the Prevalence study of Abuse and Violence against Older Women (AVOW) are out this Autumn. The study is funded by EU's Daphne III Programme and coordinated by The National Institute for Health and Welfare (THL, Finland) with partners from Austria, Belgium, Lithuania and Portugal. Representative data covering women over 60 years of age who live at home was collected in the five European countries. A culturally validated questionnaire, developed by the scientific project group, was used in all countries. In addition to information on the prevalence of violence and abuse the survey also covers areas such as quality of life, well-being and psycho-emotional aspects. Visit the project website for more information: <http://www.thl.fi/avow>.

- **The North West Mental Wellbeing Survey**

The North West Mental Wellbeing Survey, published on 25 January 2010, was undertaken with the aim of understanding more about positive mental health and wellbeing. 18,500 residents of the North West of England responded to the new survey, which highlighted the importance of mental wellbeing in improving the lives of citizens. This is the most significant and detailed investigation of the region's mental health and wellbeing ever undertaken and is believed to be the largest survey of its type ever conducted in the UK. The findings of the survey revealed a clear link between general health and mental wellbeing, for example:

- Those with relatively high mental wellbeing were three-and-a-half times more likely than those with relatively low mental wellbeing to say they were in very good health;
- Those with low mental wellbeing were nearly five times more likely to say that their health was very bad or bad than those with high mental wellbeing.

For more information, please visit www.nwpho.org.uk or download the survey summary report at: <http://www.nwph.net/nwpho/publications/NorthWestMentalWellbeing%20SurveySummary.pdf>

- **Social Relationships and Mortality Risk**

A recent meta-analytical review has provided insight and added depth to research about the links between the quality and quantity of individuals' social relationships, mental health and also morbidity and mortality, and concludes that the influence of poor social relationships on the risk for mortality is comparable to well-established risk factors for mortality, such as smoking and drinking alcohol. For more information, please see the full article at:

Other news:

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

This European competition will award municipalities for their innovative local authority initiatives in the mutual integration of migrant elders in all municipal fields of activity for the improvement of the quality of life of elderly people. The competition was launched by the Ministry for Intergenerational Affairs, Family, Women and Integration of the State of North-Rhine Westphalia and the Council of European Municipalities and Regions (CEMR), in partnership with the Committee of the Regions. ELAC for migrant elders is under the patronage of the President of the European Parliament. The deadline for application is 31 October 2010. For more information please contact: Ms. Cornelia Schröder (c.schroeder@aktioncourage.org).

- **FP7 2011 call for proposals: A Roadmap for Mental Health Research**

The DG Research FP7 call on July 20th 2010 for proposals for research projects includes 2M€ for “A road-map for mental health research in Europe. FP7-HEALTH-2011-single-stage.” The aim will be to lead to a comprehensive strategy at the European level setting out a coordinated and comprehensive approach to promote and integrate research on the biological, epidemiological, social and public health aspects of mental health and well being in Europe. The deadline for submissions is 10th November 2010. More information is available through the CORDIS website: http://cordis.europa.eu/fp7/dc/index.cfm?fuseaction=UserSite.FP7DetailsCallPage&call_id=323.

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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.