INCLUSIVE MENTAL HEALTH SERVICE FOR THE WELL BEING OF ASEAN

TEAM :   SOUR CANDIES

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An Interview With A Mental Health Patient

Anonymous interviewee
Thai, 20 years old,
struggling with depression and
ADHD

"I hope that we will have a more inclusive and effective mental health service and support system. "

FINDINGS : Why Is Mental Health Support System Important?

792 million people around the world are estimated to have a mental health disorder in 2017

-Mental health crisis is RISING in the time of the COVID-19 pandemic

-**1,000 percent** jump in registration of hotline for emotional distress in the U.S.

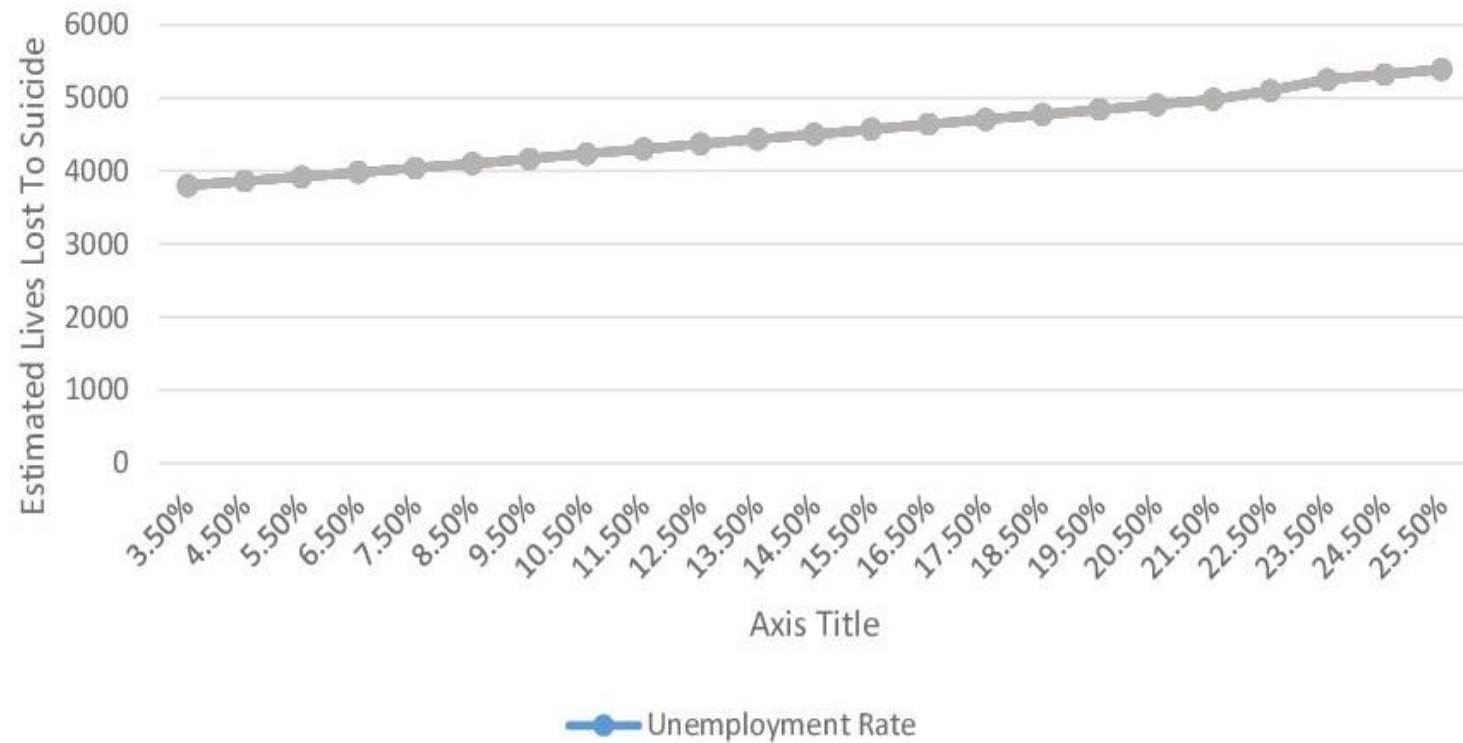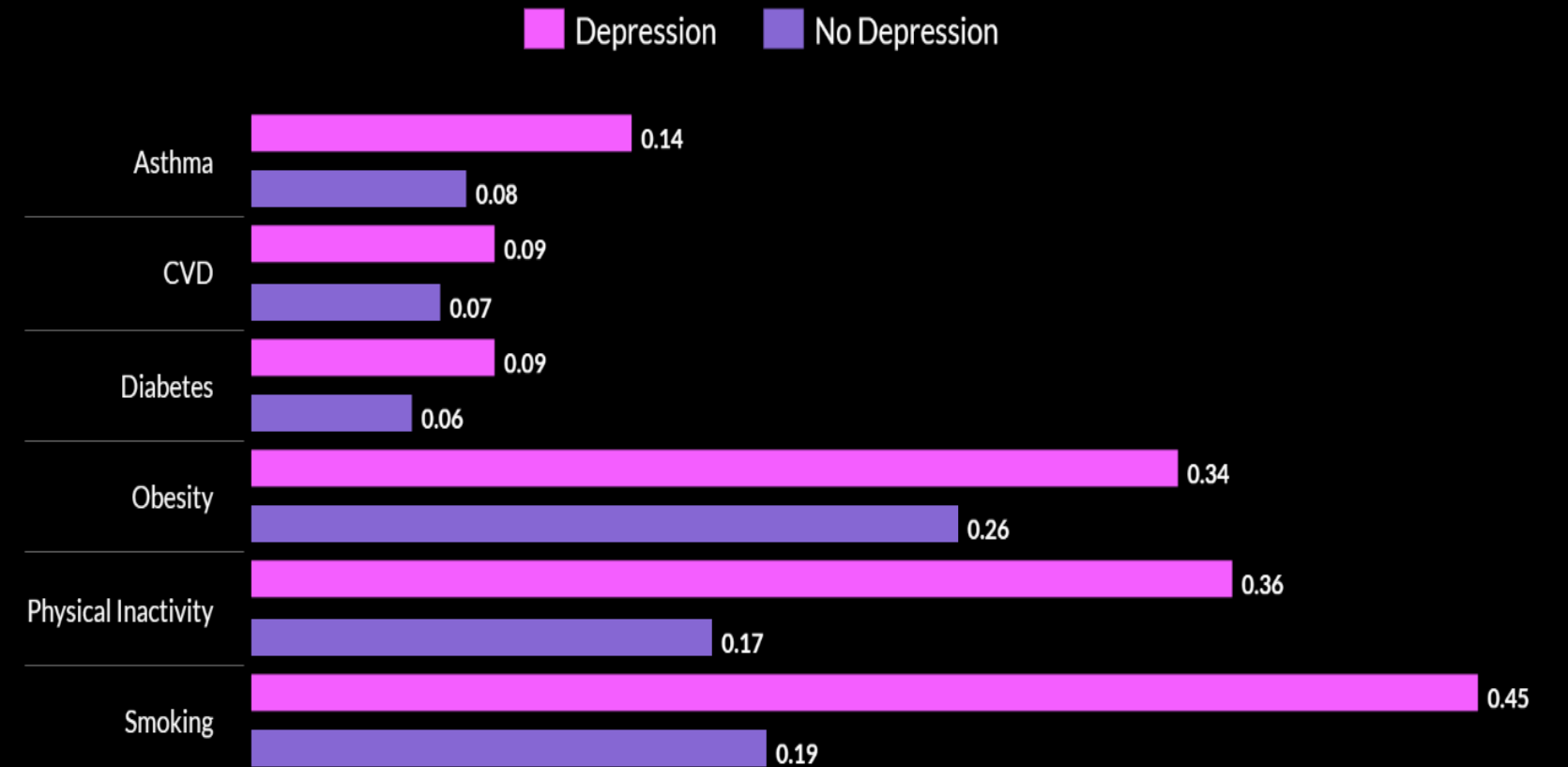MENTAL HEALTH and PHYSICAL HEALTH are linked.

Poor mental health → **Chronic physical illnesses**

Projected Increase in Lives Lost to Suicide with Increases in Unemployment Rates (Texas)

Estimated Lives Lost To Suicide

6000
5000
4000
3000
2000
1000
0

3.50% 4.50% 5.50% 6.50% 7.50% 8.50% 9.50% 10.50% 11.50% 12.50% 13.50% 14.50% 15.50% 16.50% 17.50% 18.50% 19.50% 20.50% 21.50% 22.50% 23.50% 24.50% 25.50%

Axis Title

— Unemployment Rate

Prevalence of Health Risks And Chronic Diseases by Depression Status

Depression   No Depression

Health Risk/Disease	Depression	No Depression
Asthma	0.14	0.08
CVD	0.09	0.07
Diabetes	0.09	0.06
Obesity	0.34	0.26
Physical Inactivity	0.36	0.17
Smoking	0.45	0.19

ASEAN Socio-Cultural Community 2025	ASEAN Economic Community 2025
B.2 EQUITABLE ACCESS FOR ALL	**II. Characteristics and elements of AEC**
iv. "Provide mechanisms and enhance institutional capacity to promote greater access to basic social services for all, such as **HEALTH SERVICES** ...."	"The AEC is the realisation of the end goal of economic integration as espoused in the Vision 2020, which is based on a convergence of interests of ASEAN Member Countries to deepen and broaden **ECONOMIC INTEGRATION** ....ASEAN shall act in accordance to the principles of an open, **OUTWARD-LOOKING, INCLUSIVE,** and market-driven economy........"

equitable?

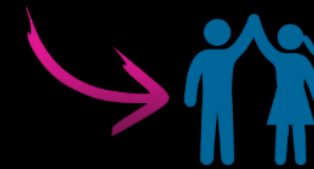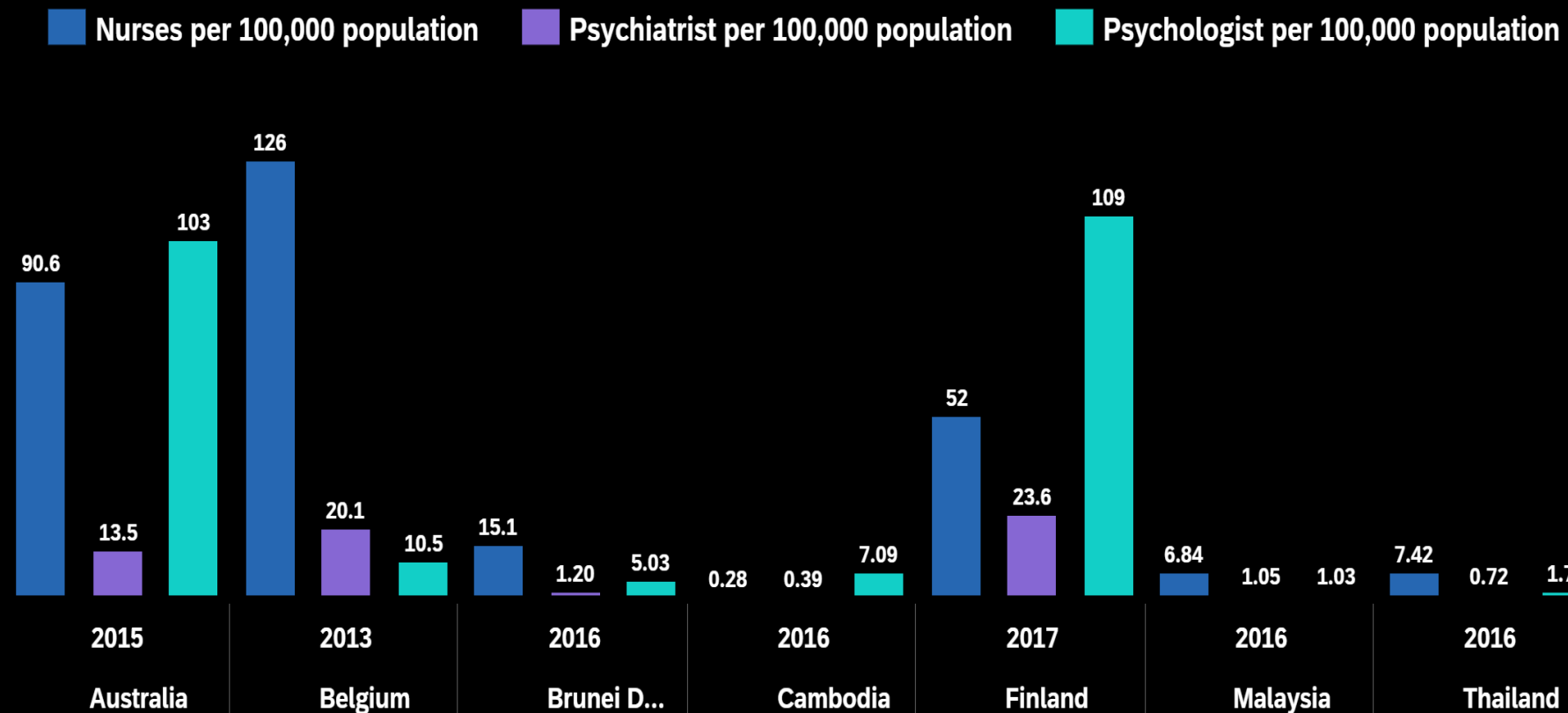cost of lost of unproductivity?

inclusive?

untreated mental illness cost?
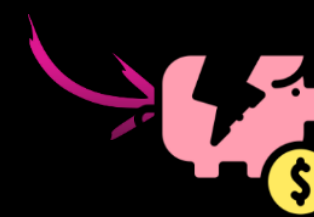
SHORTAGE OF MENTAL HEALTH OFFICERS

LOW ACCESSIBILITY TO SOME GROUPS OF PEOPLE

Nurses per 100,000 population, Psychiatrist per 100,000 population and others per Country, Year for Actual

- ■ Nurses per 100,000 population
- ■ Psychiatrist per 100,000 population
- ■ Psychologist per 100,000 population

Country	Year	Nurses	Psychiatrist	Psychologist
Australia	2015	90.6	13.5	103
Belgium	2013	126	20.1	10.5
Brunei D...	2016	15.1	1.20	5.03
Cambodia	2016	0.28	0.39	7.09
Finland	2017	52	23.6	109
Malaysia	2016	6.84	1.05	1.03
Thailand	2016	7.42	0.72	1.75

Source : World Health Organization

Case Study : Thailand

1,734,410 mental health patients in the system

886 psychiatrists

1 psychiatrist has to admit 30-50 patients within 3-4 hrs

Number of medical students specialized in psychiatry is restricted by the number of the teachers

MINORS

Minors in **Thailand** and **Malaysia** need to be authorized by their guardians for mental illness treatment.

PEOPLE STRICKEN IN POVERTY/PEOPLE IN RURAL AREAS

Mental disorders increases tendency of descending into poverty and poverty increases risks of mental disorders.

Lack of health insurance

Stigma

Have to travel for a long distance to access care

2% of national health budgets is dedicated to mental health=harder to access treatment with reduced cost

RECOMMENDATIONS : INCREASE THE NUMBER OF MENTAL HEALTHCARE PROVIDERS

LONG-TERM SOLUTIONS

Increase Mental Health Budget Allocation

Psychiatry Teaching Reformation :
1. Psychiatry Rotation
2. More psychiatry residents practicing in rural areas or community mental health centers

Increase in number and more inclusive distribution of mental healthcare providers

SHORT-TERM SOLUTIONS

PAs and Nurses With Specialized Training In Mental Health
+
Supervisions From Psychiatrists
+
Uncomplicated Cases

TECHNOLOGY-BASED SOLUTIONS

Applications - access mental health officials
- track behavioral patterns

Hotline, Contact Crisis Center

Tools which can deliver cognitive behavioral therapy to substitute in-person therapies

RECOMMENDATIONS : INCREASE ACCESSIBILITY TO MENTAL HEALTH SERVICE

COLLABORATIVE CARE

PREVENTION, IDENTIFICATION, ASSESSMENT AND TREATMENT
(All sectors in community esp. the government)

Education on mental health

Macro-policies to enhance quality of life and reduce mental health risks

Screening process in primary healthcare

Integrate protocols for both mental and physical healthcare

Not only to know the picture or symptoms but also signs or behavioral patterns that indicates the patients' crisis

-improve access to education   PREVENTION

-tackle poverty

-improve nutrition   IDENTIFICATION

-reduce harms from narcotics or other substances

-reduce domestic abuse   ASSESSMENT

-parental mental illness

-educational institutions and workplace support groups and protocols   TREATMENT

Lower Restrictions for Minor's Mental Health Accessibility On A Case-by-Case Basis

Community's watchmen and Checkup Calls (Social Protection)

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Q&A