Mental Health Services: Current trends & challenges

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• Context
• How services are organised
• Increased focus on Mental Health
• New legislation
• Coordination Reform
• Current trends
• Remote areas and more...
Context

### Population
- **Canada**: 35,5 m
- **Norway**: 5 m

### Area
- **Canada**: 9,984,670 km²
- **Norway**: 385,178 km²

### Density
- **Canada**: 3.41/km²
- **Norway**: 15.5/km²

- 19 counties
- North to south 1750 km
How are the services organised in Norway

**Administrative Levels:**

- **Government**
  - Implement legislation
  - Control Function

- **Regional Health Services**
  - Hospital services
    - Specialised services
    - Community Mental Health Centres (DPS)

- **Municipalities**
  - Community Mental health Services
  - Home Services
  - Social Services
  - GPs

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AQRP Montreal
Increased focus on Mental Health

- 1992: National TV action
- 1998: Welfare State’s Neglected Group
- 1998: Government white paper: Increased funding for Mental Health
- 2000: Coordinating of psychosocial work
- 2006: User involvement in Mental Health
- 2007: National plan for work and mental health
- 2008: Priority guidelines in adult mental health
- 2008: Law on patient’s rights
Increased focus on Mental Health

- 2008: Mental health after 2008 – a political responsibility
- 2010: Individual care plan
- 2011: Families – a resource
- … and many more
New legislation

- 1999: Law on health staff
- 1999: Law on patient’s rights
- 1999: Law on mental health
- 2010: Individual plan
- 2011: Law on health and social care
- 2011: Cooperation Reform
- 2013: Legal Guardian
• Better cooperation between hospital and municipality services
• Focus on early identification of mental health problems
• Raised awareness about the importance of mental health in all areas and sectors
• A major public health challenge
• Some 50% of all Norwegians will be affected by a mental health condition during their life
• Anxiety, depression and addiction most common amongst adults
• Some 8% children & adolescents between 3-18 have a diagnosable mental disorder
• No evidence of increase or decline in these figures in recent years
• Mental health refers to the development of & ability to cope with:
  – Thoughts
  – Feelings
  – Behaviour
  – Everyday demands
• Good mental health is about:
  – Quality of life
  – Ease in the company of others
  – Positive feelings about others
  – Ability to respond to life’s challenges

• Mental health problems contra mental health disorders
  – Mental health problems
    • Major reason for disability in 1 out of 4 of 900,000 persons of working age who are currently unemployed
    • 13.7 % of absence for sickness
    • Often under-reported
    • Disability pensions granted at an early age
    • High cost to Norwegian society
    • Only 1 in 4 people with depression receive treatment
Current Trends

- Less beds
- More outreach services
- More municipality services
Bodø? Where’s that?
Salten’s Catchment Area

- **Ca 80 0000 inhabitants**
  - 12 municipalities
    - 50 000 in Bodø
    - Røst (island) 650
    - Steigen
      - 210 km
      - 3 hours
      - 4 hours in winter
    - 2 islands
      - Røst – plane or ferry
      - Værøy - helicopter or ferry
- **Staffing**
  - Bodø
    - 30 CPNs
  - Røst
    - 50 % CPN
Salten CMH

• Inpatient beds
  – 2 general psychiatric wards
  – 1 detox ward

• Outpatient teams
  – 2 outpatient clinics
  – Psychosis team (ACT/Early intervention)
  – Ambulant Acute Team (Crisis Intervention)
  – Substance Abuse Team including a metadon team
Outreach

- Teams for each municipality
  - Regular meetings in the municipalities
  - Consultation
  - Supervision
  - Teaching
- Training for staff in the municipalities
- Acute
  - Telephone
  - Video conferencing
  - LYNC
  - Physical presence
Good services to outlying areas are dependent on:

- User focus
- Flexibility
- Continuity
- Availability
- Respect for each others competency
- Good knowledge of each others services
- Use of modern technology