



Mental Health Services: Current trends & challenges

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Outline

- 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

9,984,670 km²

385,178 km²

Density

3.41/km²

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





Increased focus on Mental Health

- 1992: National TV action
- 1998: Welfare State's Neglected Group
- 1998: Government Report no 25
- 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



Coordination Reform

- 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



Current Trends

- 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



Current Trends

- 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

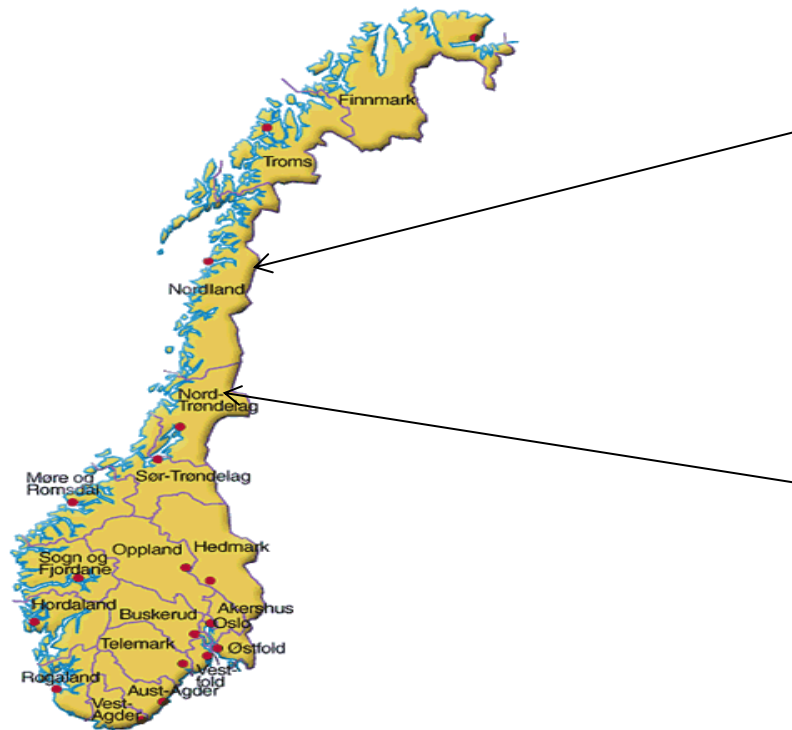


Current Trends

- Less beds
- More outreach services
- More municipality services



Bodø ? Where's that?





Salten's Catchment Area

- Ca 80 000 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



Conclusion

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