

EPA at the forefront in promoting person-centred mental health care

Silvana Galderisi

President of the European Psychiatric Association (EPA)

Professor of Psychiatry

University of Campania Luigi Vanvitelli

Naples, Italy

Nice, France
3-6 March 2018

OUTLINE

- Conceptual framework
- Key facts
- European and international perspective
- EPA work to promote person-centred mental health care
- Introduction to EPA Council of NPAs

Person-centred mental health care: Conceptual framework

- Within mental health care, ‘person-centredness’ has been generally interpreted to convey a **holistic** approach with an attitude of **respect** for the individual and his/her **unique experience and needs**
- To demonstrate the **impact on clinical outcomes**, further **evidence-based research** is needed and the degree of complexity existing within the health care system must be addressed
- It is important to change the way that **services and organizations** work, and **engage families and communities** in the delivery of mental health care

Gask, L., & Coventry, P. (2012). Person-centred mental health care: The challenge of implementation.
Epidemiology and Psychiatric Sciences

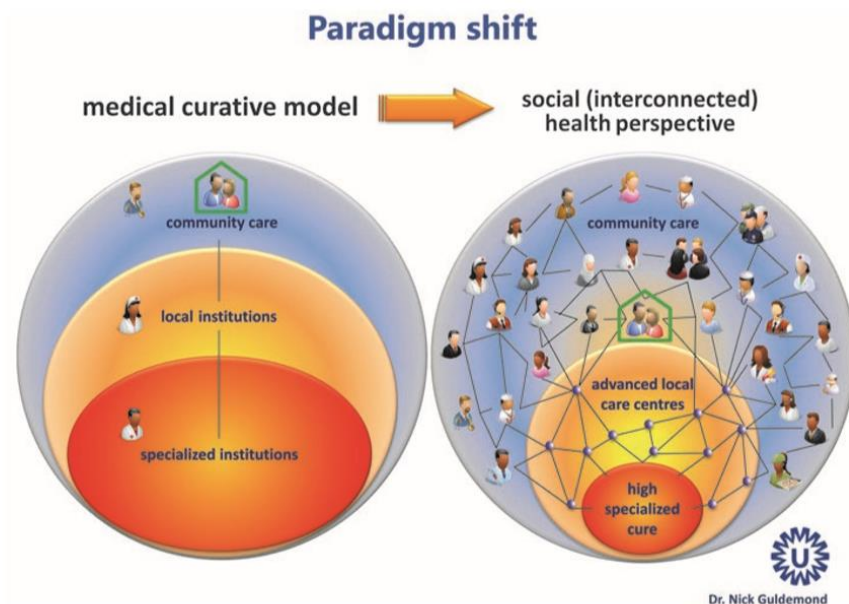
Service user involvement in mental health care: an evolutionary concept analysis

5 key elements:

1. A person-centred approach
2. Shared decision making
3. Advocacy
4. Obtaining service user views
5. Feedback and working in partnership

By Millar SL, Chambers M, Giles M., 2016

Person-centred mental health care PARADIGM SHIFT



- Widespread acceptance of PROMs and PREMs
- But still lacking guidance on the development and regulation of the usage
- Barriers to implementation need to be assessed

Taken from the Value of Treatment Discussion paper

Person-centred mental health care: European and international perspective

- “The patient is at the centre of the next generation of better health data for policy and practice”
European Commission – *State of Health in the EU*, 2017
- “The institutional program on psychiatry for the person: from Clinical Care to Public Health (IPPP), approved by the 2005 General Assembly, involves a WPA initiative affirming the *whole person of the patient within his context* as the center and goal of clinical care and health promotion”
WPA *perspectives on person-centered psychiatry and medicine*, 2010
- “Integrated people-centred health services means putting the comprehensive needs of people and communities, not only diseases, at the centre of health systems, and empowering people to have a more active role in their own health.”
WHO definition of integrated people-centred health services on the webpage
- “Coupling such patient-reported outcome and experience measures with existing statistics on expenditure, clinical quality and processes of care will offer a powerful set of benchmarks to inform comprehensive policy advice for governments seeking to achieve high-performing health systems”
OECD Ministerial Statement, *The next Generation of Health Reforms*, 2017

EPA work to promote person-centred mental health care

A few examples:

- Partnership with patient & carer organisations
- Projects: VoT case study in schizophrenia; Recover-E project;
Transition of Care project
- Policy and lobbying: Expert Policy Paper on Mental Health and
Transition of Care; Call for Investment in Research

EPA work to promote person-centred mental health care Collaboration with organisations of patients and carers



***Global Alliance of
Mental Illness
Advocacy
Networks-Europe***

- **MoU** signed in 2016
- Inclusion in the **EPA Board**
- Regular participation in **EPA Forum & Congress**
- **Project partnership**
e.g. VoT case study on schizophrenia
- **Advocacy activities**
e.g. Joint Statement on Mental Health
Call to Action Mental Health Research
Expert Policy Paper Transition of Care

***European Federation of
Associations of Families of
People with Mental Illness***



EPA work to promote person-centred mental health care

Educational Activities

EPA Summer School



Ψ EPA mooc
— online learning —



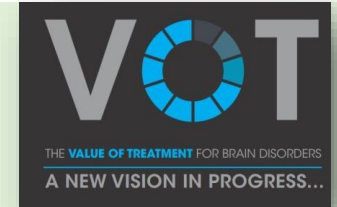
**Good communication
skills are needed to**

- Discuss with users costs, risks and benefits
- Clarify values and preferences
- Examine together skills and self-efficacy
- Effectively present information and recommendation, and make sure they are fully understood
- Motivate and discuss care pathways and share decisions

Value of Treatment project: EPA case study in schizophrenia

VoT project leader: European Brain Council (EBC)

Duration: 2015 - 2017



WGs: Stroke, **Schizophrenia**, Alzheimer disease, Epilepsy, Multiple Sclerosis, Headache, Normal Pressure Hydrocephalus, Parkinson disease, Restless Legs Syndrome

Goals:

1. To develop case studies demonstrating (i) health gains and (ii) socio-economic impacts resulting from **best health interventions**. Benefits of best clinical interventions are compared with the current standard of care or, where appropriate, non-treatment
2. To make **policy recommendations** grounded in relevant and solid scientific knowledge. Main findings to be reported to a wide audience of policy makers and scientific experts

Final outcome: launch of **White Policy Paper**, Brussels, 22 June 2017

VoT - EPA case study in schizophrenia

Working group's members

EPA experts, user and carer organisations, academic and industry partners



From left to right:

Paul **Arteel**, former Executive Director of Gamian, Cristiana **Maria** from Janssen, Petr **Winkler** (EPA member from Czech Republic), Prof. **Galderisi**, Prof. **Gaebel**, Prof. **Boyer**, Pavel **Mohr** (EPA member from Czech Republic).



Supported by



EPA work to promote person-centred mental health care

Recover-E project

LaRge-scalE implementation of COmmunity based mental health care for people with seVere and Enduring mental ill health in EuRopE

Duration: 2018-2021

Aim:

- **Improve Quality of Life** of people with a mental illness
- Using a **person-centred approach** to engagement of the users
- Put in practice the core values regarding **service user inclusion** and recovery
- Bridging the **implementation gap** between policy and practice

Project Leader: Trimbos Institute

EPA role: provide **scientific expertise, participate in project meetings, communication and dissemination** of results



Expert Policy Paper on Optimising Transition from child to adult mental healthcare

Person-centred dimension:

Focus on improving transition of care by e.g.

- Enlarging **access to knowledge** on best practice and educate workers in that field
- Ensuring continuity with the **needs of a patient** central during the transition
- Improving **access to care** on various levels

EPA experts:

- Silvana Galderisi (EPA President)
- Geert Dom (EPA Board Member)

Bridging the gap:

Optimising transition from child to adult mental healthcare

An Expert Policy Paper on the challenges associated with transition from child/adolescent to adult mental health services; practical policy recommendations to drive improvements—taking attention-deficit hyperactivity disorder (ADHD) as an example.

Authors (in alphabetical order): Philip Asherson (King's College London, UK); Andrea Billow, OBE (ADHD Europe); Kate Carr-Fanning (ADHD Europe); Friederike Destriebeq (European Brain Council); Geert Dom (European Psychiatric Association); Silvana Galderisi (European Psychiatric Association); Dolores Gassi (SAMAN-Europe); Marc Hermans (Machelen, Belgium); Tony Lloyd (ADHD Foundation, Liverpool, UK); Ann Little (European Federation of Neurological Associations); Fulgencio Madrid (University of Murcia, Spain); Kuben Naidoo (Mersey Care NHS Foundation Trust, Liverpool, UK); J. Antoni Rances-Quirga (Universitat Autònoma de Barcelona, Hospital Universitari Vall d'Hebron, Spain); Donna Walsh (European Federation of Neurological Associations); Spyros Zorbas (European Federation of Associations of Families of People with Mental Illness)



EPA work to promote person-centred mental health care

Call to Action for Mental Health Research

<http://www.dpsnet.dk/wp-content/uploads/2017/06/20170414-call-for-action-mental-health-research.pdf>

Boosting impact of mental health policies and services for European people, communities and economies

Joint statement to invest in mental health research and a European Implementation Partnership on Mental Health and Wellbeing



EPA and its Council of NPAs are supporting the **Joint statement to invest in mental health research**, together with key European and national level organisations

Key objectives:

- Developing a European Implementation Partnership on Mental Health and Wellbeing
- Increasing the impact of mental health policies and services for European people, communities and economies

Call to Action for Mental Health Research

To date, 22 NPAs supported the Call

Country	EPA National Psychiatric Association
Austria	Austrian Society for Psychiatry and Psychotherapy
Belarus	Belarusian Psychiatric Association
Bosnia-Herzegovina	Psychiatric Association of Bosnia-Herzegovina
Bulgaria	College Private Psychiatry
Croatia	Croatian Psychiatric Association
Denmark	Danish Psychiatric Association
Germany	German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN)
Hungary	Hungarian Psychiatric Association
Israel	Israel Psychiatric Association
Italy	Italian Psychiatric Association
Latvia	Latvian Psychiatric Association
Malta	Maltese Association of Psychiatry
Norway	Norwegian Psychiatric Association
Poland	Polish Psychiatric Association
Serbia	Serbian Psychiatric Association
Slovakia	Slovak Psychiatric Association
Spain	Association of Psychiatrists of Spanish Association of Neuropsychiatry (AEN)
Spain	Spanish Society of Psychiatry (SEP)
Switzerland	Swiss Society for Psychiatry and Psychotherapy
Turkey	Psychiatric Association of Turkey
Ukraine	Association of Neurologists, Psychiatrists and Narcologists of Ukraine
United Kingdom	Royal College of Psychiatrists

Nice, France
3-6 March 2018

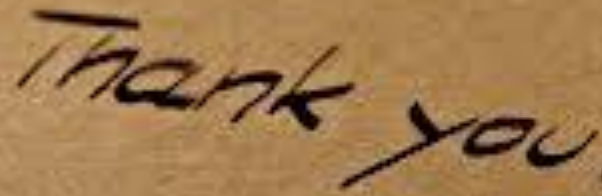
Final remarks

- The EPA is and will be at the forefront to improve patient centred care
 - Promoting research on and implementation of PROMs and PREMs
 - Strengthening the collaboration with users and carers
 - Increasing advocacy activities
 - Increasing collaboration with key players in the European scenario of mental health care, training and research
 - Promoting high standards in European training (emphasizing the importance of communication, therapeutic relationship and shared decision making)

EPA Council of National Psychiatric Associations

- Established in 2010 as an EPA Committee, and in 2012 became part of the EPA General Assembly and one of the key bodies
- It comprises:
 - **42** National Psychiatric Associations
 - From **39** European countries
- It supports the general mission of the EPA and its efforts in:
 - **Influencing** European policy
 - **Increasing the quality** of psychiatric care and training
 - **Harmonising practices** across Europe
 - **Sharing interests** and reaching common goals
 - **Representing psychiatry** at a European level





Thank you

Thanks for your attention



EUROPEAN
PSYCHIATRIC
ASSOCIATION

PSYCHIATRY IN TRANSITION

TOWARDS NEW MODELS, GOALS & CHALLENGES



EPA 2019
27th

EUROPEAN
CONGRESS
OF PSYCHIATRY

**SAVE
THE
DATE**

Warsaw, Poland
6-9 April 2019

www.epa-congress.org
#EPA2019

EPA 2018
26th EUROPEAN
CONGRESS OF PSYCHIATRY

NICE, FRANCE
3-6 March 2018

www.epa-congress.org

EPA at the Forefront to improve Patient-Centred Care

United Nations Convention on the Rights of Persons with Disabilities needs to be interpreted on the basis of scientific evidence regarding psychiatry.

EPA Executive Committee* and Committee on Ethical Issues[#]

Reflections on the Convention

The EPA joins other associations in commending the United Nations commitment to promote the rights of persons with disabilities, and in identifying mental health as a global priority. The EPA strongly supports the paradigm shift embracing the model of shared decision making.

We acknowledge and appreciate the Special Rapporteur bringing mental health into focus for healthcare globally. The perspective that *“there is no health without mental health”* is very welcomed. The EPA

EPA at the Forefront to improve Patient-Centred Care

United Nations Convention on the Rights of Persons with Disabilities needs to be interpreted on the basis of scientific evidence regarding psychiatry.

EPA Executive Committee* and Committee on Ethical Issues#

Executive Committee and Committee on Ethical Issues share many of the Report's perspectives and goals, such as encouraging non-coercive treatments, more research extending beyond biological aspects of

Identifying weaknesses and unmet needs is a commendable effort when pursued in the frame of a constructive approach, but not when it undermines the therapeutic alliance between psychiatrists, users and relatives by casting doubts on the image of psychiatry.

disappointment surrounding the misleading and false portrayal of psychiatry in the Report as well as the lack of any evidence or statistics supporting this opinion. The EPA Executive Committee and Committee on Ethical Issues deems unacceptable the negative image of psychiatric care presented by the Report when the Special Rapporteur inexplicably blames current psychiatric practice for global unmet mental health care needs.