

Research and Innovation in Mental Health

The EU Contribution to Mental Health Policy and
Transfer of Best Practices in Mental Health at EU
Member States Level.



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Mental Health Burden in Europe

- Leading cause of disability and the 3rd leading cause of disease burden
- >1 in 3 Europeans experience mental health problems/year
- Significant €€€: total costs estimated at more than 4% of GDP – or over €600 B – across the 28 EU countries in 2015.

A Global Challenge across the life course

- Lack of effective implementation of early interventions, poor accessibility & Stigma
 - Community-based mental health services: still not there yet!
- Physical co-morbidities
- Need for more effective (personalised) therapies.

Support to Brain Research

- state of play (November 2018)

**HORIZON
2020**

Distribution of funding

Key figures

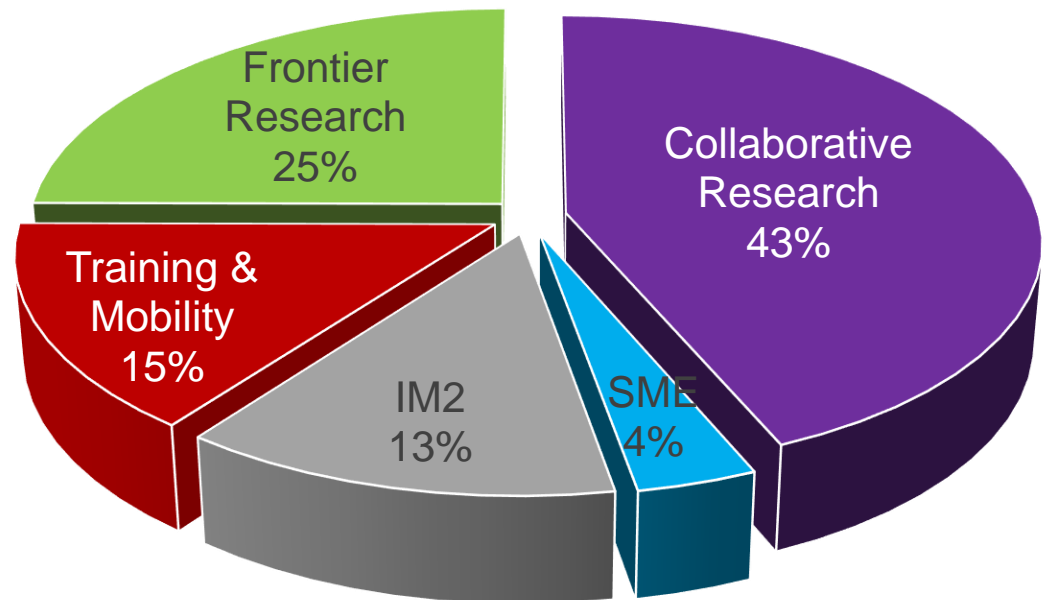
€3.17 billion invested

1.929 projects

6.862 participations

2085 organisations

99 countries



EU Brain Research in a Snapshot



- FP7: €3.12 billion
- H2020 to date: €3.17 billion



- Speeding up the development of innovative medicines
- Open collaboration in public-private consortia

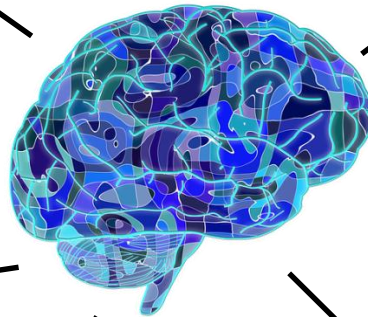


JPND
research

EU Joint Programme – Neurodegenerative Disease Research



- Coordinating national research activities
- Strategic research agenda
- Transnational calls



- Joining forces to address common global goals

InTBIR

International Initiative for Traumatic Brain Injury Research

- Implementation & comparative effectiveness research



Human Brain Project

- Harness modern ICT to understand the brain
- € 1 billion / 10 years



European

Mental Health Throughout the Life Course




0y



100+y



ICT for Mental Health

 nevermind (2016-2019) – NEurobehavioural predictive and peRsonalised Modelling of depressIve symptoms duriNg primary somatic Diseases with ICT-enabled self-management procedures. EU Funding: €5 million



(2017-2020) – Empowering Patients by Professional Stress Avoidance and Recovery Services. EU Funding: €4 million



(2018-2023) – Dynamic MOdelling of Resilience. EU Funding: € 6 million

Coordination and Support Actions (CSAs):

- **Identifying Mental Health research priorities => ROAMER** (2011-2015). Led by Consorcio Centro De Investigacion Biomedica En Red M.P. CIBER, 14 partners.
- **Coordinating European brain research & developing global initiatives => EBRA project** (started Nov. 2018).
Led by European Brain Council, with JPND, NEURON & HBP.
- **Strengthening regulatory sciences and supporting regulatory scientific advice => STARS project** (started Jan. 2019).
Involves NCAs from 17 countries, led by BfArM (DE).
- **Building international efforts on population & patient cohorts => SYNCHROS** (started Jan. 2019).
Led by Parc Sanitari Sant Joan de Déu, 12 partners incl. ECRIN & WHO.

From Research to Implementation

- **Specific calls for proposals for large scale deployment of targeted health services and Implementation Research** (e.g. topics CIP-ICT-PSP.2013.3.1a, SC1-PM-21-2016)



www.mastermind-project.eu

Aimed to:

- **Upscale the ICT-based mental health care services**
- **Trigger the uptake of the services**
- **Demonstrate clinical outcomes and economic effectiveness**



ImpleMentAll

www.implementall.eu

Very few eHealth interventions make it into routine care, and those that do take many years to get there.

ImpleMentAll aims to provide an **evidence-based faster and more effective answer to this problem** through the development, application, and evaluation of **tailored implementation** strategies in a natural laboratory of on-going eHealth implementation initiatives in the EU and beyond.

From Research to Implementation



The Global Alliance for Chronic diseases

- Implement evidence-based knowledge of best healthcare interventions
- Generate global non-communicable diseases research communities
- Reach bigger populations through scaling up of successful health interventions at national or regional level
- 2017 GACD call focused on **mental disorders => 6 projects were granted €23 million**

Best Practices and Implementable Research Results

- DG SANTE priority to identify, disseminate and transfer good/best practices => **Best Practices Portal**
<https://webgate.ec.europa.eu/dyna/bp-portal/>
- DG RTD recent collaboration => Implementable Research Results

Early behavioural detection of eating disorders in a school setting - the SPLENDID project

SPLENDID
ARISTOTLE UNIVERSITY OF THESSALONIKI
KAROLINSKA INSTITUTE
STOCKHOLM

Source reference:
RTD
Type: Promising Research Results

Practice description:

- Behavioural screening in a Swedish high school (2014-2015) during school lunches
- Objective 1: The detection of in-meal behaviours pointing towards "eating styles" characterising eating disorder patients
- Objective 2: The development of a personalised guidance platform for promoting healthy eating patterns
- Collection of continuous eating data from 200+ students using personal plate-scales during school lunches
- Follow-up collection of behavioural measurements from students during their everyday life

Outcomes/Results:

- Automated analysis of in-meal behaviours (eg, portion size, eating speed), using sensor-based measurements
- Detailed description of the eating behaviour of student populations during school lunches
- Machine learning based identification of "borderline" behaviours similar to those observed in eating disorder patient groups
- Association of the relationship between school-meal behaviours and behaviours observed in everyday student life

Mental health in schools

MasterMind
www.mastermind-project.eu

Source reference:
RTD
Type: Promising Research Results

Practice description:

- Providing computerised Cognitive Behavioural Therapy (cCBT) and Videoconference for Collaborative care and treatment (ccVC) to adults suffering from mild, medium, or severe depression including inpatients and outpatients at an international level
- MasterMind aimed to:
 - **Upscale** the ICT-based mental health care services
 - **Trigger** the uptake of the services
 - **Demonstrate** clinical outcomes and economic effectiveness
 - **Optimise** the organisation of mental health services
 - **Increase** the equal access to mental health care
 - **Ensure** that the services are safe for patients and do not increase the incidence of adverse events

Outcomes/Results:

Overall level:

- Both services are clinically and organisationally effective
- Cross-border collaboration is an efficient way to upscale services
- MasterMind influenced the market to develop and improve innovative mental health solutions

Country level:

- Denmark: The regional solution "Internetpsykiatrien" has been upscaled to a national service.
- Scotland: Full national rollout of cCBT was completed in July 2018.
- Turkey: Top Sende was successful as a pilot application. Service continues in a new research project.
- Basque Country: cCBT and ccVC is to be included in Osakidetza's services
- Wales: The service is currently being upscaled across Powys Teaching Health Board
- Catalonia: Service has been running since 2018 in Badalona, including more than 300 professionals
- Aragón: Running in daily operation, new version just implemented
- Germany: Running as a daily service in Schön Clinic and included in the reimbursement system
- Italy: Running in daily operation in ALSTO3 provide through a GP network

Better access to mental health

COPING
Children of Prisoners:
Interventions and Mitigations to Strengthen Mental Health

Using a child-centred positive psychology methodology, COPING investigates the wellbeing, vulnerability to mental health problems and resilience of children who are impacted by parental imprisonment. The first and only Pan-European study of its kind, COPING involved a survey of over 1000 children of prisoners (CoP) and interviews with over 300 CoP, caregivers, and parents in the UK, Germany, Romania and Sweden. A mapping of available services across the four countries was also carried out. These different countries reflect diverse incarceration levels, welfare policies and mental health interventions.

Research shows that CoP experience:

- Feelings of shame and stigma
- Anti-social/delinquent behaviour
- Low self-esteem
- Mental ill health
- Poverty
- Intergenerational criminal behaviour
- Weakened family relationships
- Poor school performance

We explored:

- Resilience and coping strategies
- Family strengths and limitations
- Children's views
- Networks of support
- Shame and stigma
- Role of schools
- Availability of appropriate services
- What works

Public health priorities COPING addresses:

- preventing child depression and promoting resilience
- improving access to mental health services
- mental health in schools
- providing community based mental health services
- developing integrated governance approaches

Project led by Professor Abdo Jome, School of Human and Health Sciences, The University of Huddersfield and involved a consortium of 10 partner agencies from 6 countries
<http://coping-project.hudd.ac.uk/>

The COPING project has received funding from the European Commission's Research Framework Programme (FP7/2007-2013) under Grant Agreement no 342486

EVENT:
Best Practice
Marketplace
ISPRA
14-15 May 2019



**€2.1 billion
to HEALTH
RESEARCH**

Upcoming funding opportunities:

- SC1-BHC-24-2020: Healthcare interventions for the management of the elderly multi-morbid patient
- SC1-BHC-08-2020: New interventions for Non-Communicable Diseases
- SC1-BHC-29-2020: Innovative actions for improving urban health and wellbeing – addressing environment, climate and socio-economic factors.

Commission proposal for
Horizon Europe

THE NEXT EU RESEARCH & INNOVATION
PROGRAMME (2021 – 2027)

#HorizonEU



Lessons Learned

from Horizon 2020 Interim Evaluation



Support breakthrough innovation



Create more impact through mission-orientation and citizens' involvement



Strengthen international cooperation



Reinforce openness



Rationalise the funding landscape



Key Novelties

in Horizon Europe

European Innovation Council

R&I Missions

Extended association possibilities

Open science policy

New approach to Partnerships

Health Cluster: Six main areas of intervention



Health throughout
the Life Course



Environmental and Social
Health Determinants



Non-communicable
and Rare Diseases



Infectious diseases



Tools, Technologies
and Digital Solutions
for Health and Care



Health Care Systems

Thank you

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