Global Mental Health, wellbeing, and inclusive development

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Mental Health & Psychosocial Disability Sub-Group
What are we talking about?

Mental health

"A state of well-being in which every individual realises his or her own potential, can cope with the stresses of normal life, can work productively and fruitfully, and makes a contribution to her or his community."

MNS Conditions

Mental, neurological and substance use (MNS) conditions are viewed as similar conditions and treated through similar means in many parts of the world; Global Mental Health deals with MNS conditions, not mental health conditions alone.

Psychosocial disability

In interaction with various, structural, social and physical barriers, impairments caused by MNS conditions can restrict full and equal participation in society, resulting in psychosocial disability.
Why does it matter for development?

- Global burden of disease by DALYs
- Cause of Years Lived With Disabilities
- Lost to LAMIC economies 2011-2030
- Return on investment in mental health
- Development assistance for health
Global Frameworks

3 GOOD HEALTH AND WELL-BEING
Global Frameworks

Demographic
5. Gender equality

Economic
1. No poverty
2. Zero hunger
8. Decent work and economic growth
9. Industry innovation and infrastructure
10. Reduced inequalities

Neighbourhood
6. Clean water and sanitation
7. Affordable and clean energy
11. Sustainable cities and communities
12. Responsible consumption and production

Social and cultural
13. Climate action
16. Peace, justice and strong institutions

Education
4. Quality education

Distal factors
- Community diversity
- Gender equality

Proximal factors
- Economic recessions
- Income inequality
- Income
- Debt
- Assets
- Financial strain
- Relative deprivation
- Employment
- Food security
- Safety and security
- Housing structure
- Overcrowding
- Recreation
- Trauma
- Violence
- Natural disasters
- Industrial disasters
- War and conflict
- Climate change
- Forced migration
- Community social capital
- Social stability
- Culture
- Individual social capital
- Social participation
- Social support
- Education
“Mental well-being is a fundamental component of WHO’s definition of health”  Dr Margaret Chan, DG, WHO

Themes
• Universal Health Coverage
• Human Rights
• Evidence Based Practice
• Life course approach
• Multi-sectoral approach
• Empowerment of persons affected

Targets include
• Increase service coverage by 20%
• Reduce suicide by 10%
• CRPD specifically includes people with psychosocial disabilities

• Particularly pertinent articles include
  – being able to live in communities (**Article 19**),
  – access to civil and political rights (**29**),
  – being treated with dignity in services (**24,25**),
  – earning a living (**27**),
  – and to be able to make decisions (**12,14**).

• People with psychosocial disabilities should participate in reporting processes, but are often excluded.
New opportunities in Global Mental Health

Development Assistance for Health by health focus, 1995 to 2015.


http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0169384

- Stronger voice and acknowledged role for people with lived experience
- More countries and organisations taking an interest
- Global financing mechanisms being developed
Coordination/alliances

- BluePrint Group
  - Run by United for GMH, with MHIN, from a Wellcome grant
  - Participants include WEF, WHO, SDG office, WB etc

- Alliance of Champions for GMH
  - Annual Ministerial GMH Summits
  - London 2018 and Amsterdam 2019

- Global Anti-Stigma Alliance and Global Campaign
Donors

• Wellcome, NIMH and other research funders
• DfID
  – full time MH adviser
  – Disability Framework and ToC. Learning Journey
  – Part of new MHPSS donors group
• Other UK funders
  – Comic Relief – MH one of selected priorities
  – Big Lottery Fund
• Rise in individual giving to (UK based) MH charities
  And... new money and the New World....
The New World

- Shifting conversation to wellbeing, not just treating illness
- Interest in Global – not just Global South
- Focus on life course, youth, emergencies
- New attention and money – philanthropists, celebrities
- Innovators, disruptors, creative and ambitious
- Broader, more ambitious agenda
Tedros Adhanom Ghebreyesus @DrTedros May 3
#MentalHealth is an integral part of #HealthForAll. To ensure quality mental health services for everyone, we need a multisectoral response. Thanks for an insightful discussion and your support @antonioguterres, @AminaJMohammed and @JeremyFarrar!
Psychosocial disability and inclusive development going forward

- Strengthening voice of people with psychosocial disabilities and DPOs
- Emerging concepts around psychosocial disability within CRPD, health (HIV/NTDs) and other sectors (education, youth, protection, etc)
- DFID Disability Framework and ToC
- IASC Inclusion Guidelines
- Metrics, Washington Group
- Organisational well-being, self-care
Takeaways and Talking Points

• You will already be improving people’s mental health and wellbeing
• There are (potentially huge) opportunities coming
• Doing more doesn’t have to be complicated or expensive
• What do you see as the barriers?
• What support do you need to overcome them?
Thank you for listening

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