

YMCA



SALUD MENTAL Y JÓVENES

UNA VISIÓN DESDE
AMÉRICA LATINA Y EL CARIBE

VIERNES 28/08
16:30HRS LIM / MEX / BTA



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What do we mean with mental health?

In accordance with the World Health Organization (WHO):

Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (2019).

Is an essential component of health.

Mental health covers a multidimensional field.



50%

of the mental health disorders begin at age 14 or under (WHO, 2019).

Depression is the number one cause of disability in the world (WHO, 2020).

Between 76 & 85%

of people with mental disorders in low and middle income countries do not receive treatment (WHO, 2019).

75%

of the total of people with mental health issues live in low and middle income countries (Gilbert, Patel, Farmer y Lu, 2015).

14%

of the global burden of disease are mental and neurological disorders (PAHO, 2012).



Sustainable development and mental health

By including mental health in the SDGs, it was recognized that the health burdens go beyond the focus of the selection of infectious diseases and maternal and child health that had been specified in the Millennium Development Goals.

This means that, as non communicable diseases, mental health and substance abuse now receive recognition and have related targets and indicators in the 2030 United Nations Agenda.



Goal 3.4

By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

Goal 3.5

Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

Goal 3.8

Achieve universal health coverage, including financial risk protection, access to quality essential health-care services, and access to safe, effective, quality and affordable essential medicines and vaccines for all.

3 GOOD HEALTH
AND WELL-BEING





Expanding the mental health agenda

“The burden of mental disorders can only be reduced through the combined actions of: prevention of mental disorders, and the clinical efficacy and social care of people with these disorders”(Patel, Saxena, Lundafirman, et.al, 2018).

It is necessary to address not only the treatment gap, and the prevention of mental disorders, but also the quality of their treatment.

- Integrate basic packages of mental health services into primary health care routines.
- Reduce the cost and improve the supply of effective psychotropic drugs for mental, neurological, and substance use disorders.



- Train health professionals in low - and middle -income countries to provide evidence -based care for children with mental, neurological and substance abuse disorders.
- Provide adequate community care and rehabilitation for people with chronic mental illness.
- Strengthen the mental health component in the training of all health professionals to create an equitable distribution of mental health providers (Patel, Saxena, Lundafirman, et.al., 2018).

Mental health in youth and adolescents



Mental disorders account for 16% of the global burden of disease and injury in people aged 10-19 (WHO, 2019).



Most mental disorders begin in adolescence (PAHO, 2018).



50%

of all serious mental health and substance use disorders commence by the age of 14 (Kessler, et al, 2005).

70%

of mental health issues start before the age of 18 and persist for decades (Prieto, 2016).

**Between
10 & 20%**

of teenagers experience mental disorders (WHO, 2019).

- Social
- Psychological
- Biological
- Cultural
- Environmental
- Historic

(Fernández (2012),

- Economic

(Patel, Burns y Dhingra 2018).

Mental health determinants

Mental health is determined by multiple factors, many of these do not depend entirely on the person, but on the context in which he/she develops.

These factors condition the existence of organic and acquired diseases. This is why a circular relationship between well-being, quality of life and mental health is pointed out.



Economic development and its relationship with mental health

- **There is a positive relationship between poverty and psychological problems** (Belle (1990), Patel, Burns y Dhingra (2018), González y Rego (2006), Hudson (2005), Amaddeo, Francesco y Jones (2007), Rodríguez, Kohn y Aguilar-Gaxiola (2009) y Yoshikawa, Aber y Beardslee (2012)).
- **Latin America and the Caribbean.**
- **An improvement in psychological health is an improvement in the development and productivity of a person and its community.**





Panorama of mental health in Latin America and the Caribbean

X-ray of the
region

**230
million
young
people**

The population aged 10 to 24 is the largest in the history of the continent (PAHO, 2018).

**30,1%
below the
poverty line**

In 2018, around 30.1% of the regional population was below the poverty line, while 10.7% was below the extreme poverty line (ECLAC, 2019).

**The
regional
GDP will
decrease
5,3%**

ECLAC (2020) estimates, due to the health crisis produced by COVID-19.

- Latin America and the Caribbean is the most unequal region in the world (United Nations, 2018).
- In the region, violence constitutes an important social and health problem. Violence against women affects 1 in 3 women ;
- Physical punishment of children is a frequent phenomenon in many parts of Latin America and the Caribbean (PAHO, 2014).



How do we find ourselves on mental health issues?

- Mental and neurological disorders account for almost a quarter of the burden of disease in Latin America and the Caribbean (World Bank, 2015).
- Depression is the most common mental disorder, yet between 60% to 65% of people who need treatment do not receive it (PAHO, 2012).
- After depression, the most common disorders in the region are anxiety (3.4%), dysthymia (1.7%), obsessive compulsive disorder (1.4%), panic and psychosis (1% each) (PAHO, 2012).





How do we find ourselves on mental health issues?

- In the Americas, 65,000 people die by suicide each year (PAHO, 2014).
- The median regional public spending on mental health is 2.0%. (PAHO, 2018), most of the spending is designated for psychiatric hospitals.
- In Latin America and the Caribbean, there is a median of 2.1 psychiatrists, 6.0 male or female nurses, and 4.2 psychologists or psychologists per 100,000 inhabitants (Alarcón, 2009).

Limitations and challenges in the region

- **Public policies and legislative frameworks** (PAHO (2019, Vikram, Shekhar y Crick et al. (2018).
- **Social Stigma.**
- **Lack of professional staff.**
- **Inequality and social -economic issues** (W H O, 2019).
- **Gap in treatment access** (73.5% among adults with moderate/ severe disorders and 82.2% between children and young people (P A H O, 2013)).
- **Demography.**





Approaches





Transversal & integral

Mental health is a multidimensional field, so it needs attention that is equally so. In its treatment and prevention it is necessary to take into account all the areas that are part of the human being, in addition to the fact that the family and community must participate.



Prevention and early treatment

Various studies and theories indicate that psychological illnesses develop between childhood and youth, approximately 70% begin before 18 years of age and tend to persist for decades (Armijo, Irarrázaval and Prieto, 2016).

Herein lies the importance and need to start from a preventive and transversal approach that is focused on young people, in this way, by addressing present problems, future problems will be prevented .



Communitary support



Mental health, in addition to being directly related to personal and family well-being, is also interconnected to the level of community happiness.

There is demonstrated effectiveness of integrating mental health promotion interventions such as community empowerment, poverty reduction, or sexual health into educational and community programs


(Bowers, Kuipers y Dorset, 2015),

- Promoting the implementation of community care centers facilitates access to treatment.
- A community based approach is a good option for low - and middle -income countries.
- It allows the approach to be multidisciplinary.



- It must be participatory, comprehensive, continuous and preventive.
- It must generate support networks that strengthen the ties of the community.


Breaking paradigms




Prioritize mental disorders due to their effects on quality of life and not only due to their mortality rate.



Inclusion of mental health care in community and primary health care centers.



Training of multi-disciplinary teams, that include other health professionals, rather than just specialists to increase treatment access.



Consider people with mental illness as protagonists of their treatment and recovery to reduce social stigma (Díaz del Peral, Huizing & Romero, 2019).



Technology as a viable tool for the treatment of emotional and mental disorders.



Use of technology



The average Internet penetration in the region of LAC is 13 points higher than the global one, 67%, and the number of people who are Internet users amount to almost 440 million (Statista, 2018).



60% of the region's population owns a mobile phone (Naslund, Aschbrenner, Araya, et al, 2017).

And 88.4% of individuals between 15 and 24 years of age use the internet in the region (PAHO, 2018).

- There are studies that evaluate a positive relationship between online self-help programs for the recovery of people with mental disorders, as well as direct assistance programs via telephone, messaging, social networks and digital platforms.

We must view Internet as:

- An accessible and affordable Canal.
- A Tool for a first approach and later treatment.
- A Means to promote Mental Health and create digital support networks.



Questions & answers time





- Focus on the youth .
- Take into account the needs and the context .
- Look at society and the individual as a union .
- Mental health is directly related to the quality of life and the development of communities .
- Approaches must start from the community .
- Education and promotion to eliminate prejudice and stigma around the subject are necessary.
- The need to prioritize the problem in LAC and in the International Agenda is urgent .

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