

City of Rijeka



Public Health Institute Rijeka

Actively working in health promotion since 1900

- ☐ Social Medicine
- ☐ Health Ecology
- ☐ Epidemiology
- ☐ Microbiology
- ☐ School and University Medicine
- ☒ Mental Health, Drug Prevention and Outpatient Treatment (2005)



SVEUČILIŠTE U RIJECI - MEDICINSKI FAKULTET



The burden of mental illness and poor mental health

- 
- ☐ Individual
 - ☐ Family
 - ☐ Community
 - ☐ Economy
 - ☐ Societal

Over the last decades we have witnessed an increase in the burden of mental disorders and poor mental health.

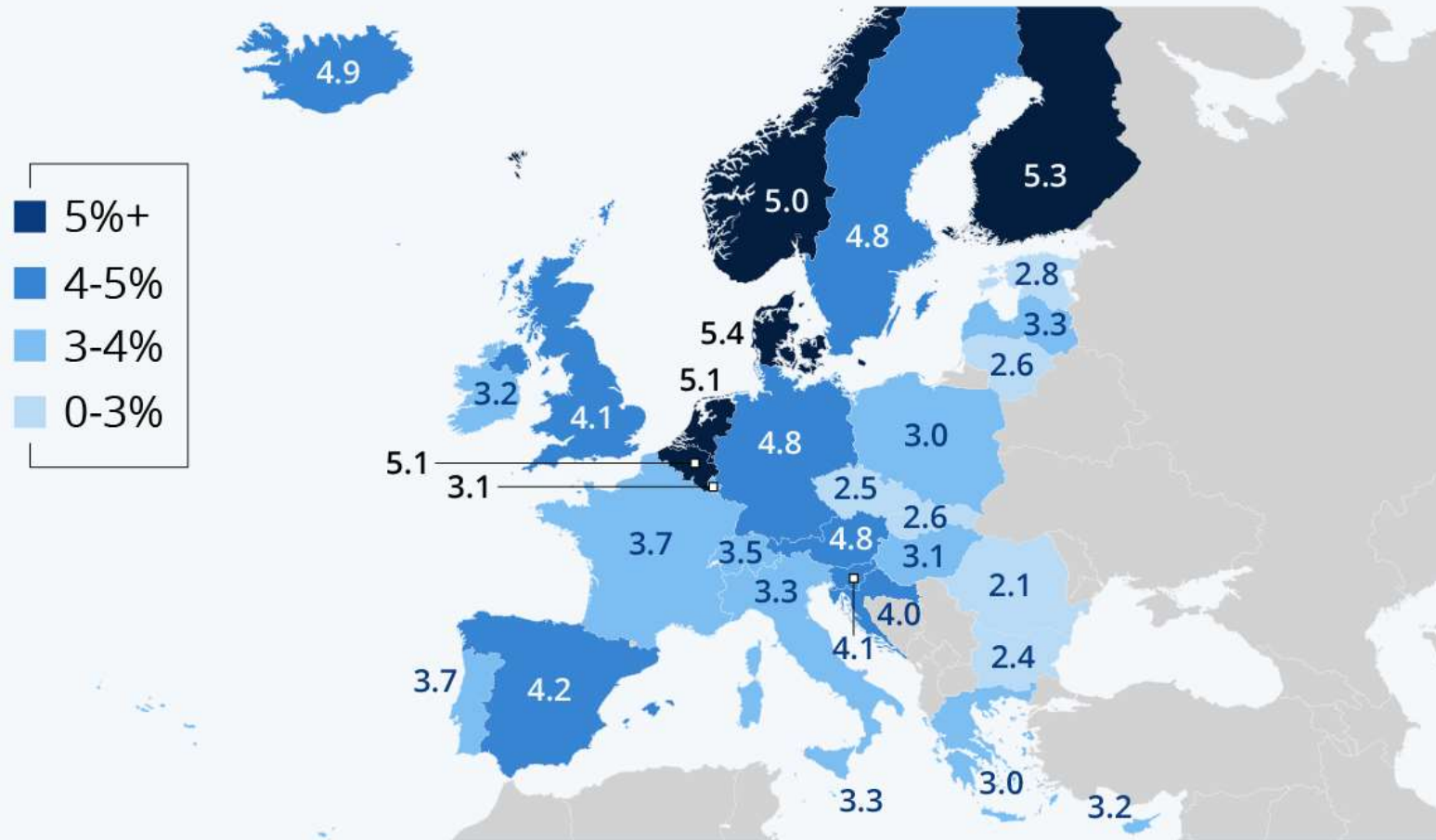
24-38 % of the adult population (18–65) had experienced a **mental health problem** in the past year (WHO Europe).

They represent **22% of the EU's burden of disability**, as measured in Years Lived with Disability (YLD).

The overall financial costs of mental disorders amount to more than **Euro 450 billion per year** in the EU.

A recognition of the **need for investing in the development of programs** to promote mental health and prevent mental disorders.

Cost of mental health as a percentage of GDP in Europe*



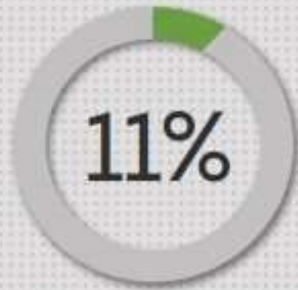
* Includes mental health and social spending plus indirect costs linked to lower employment and lost productivity (2015)

Source: OECD

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



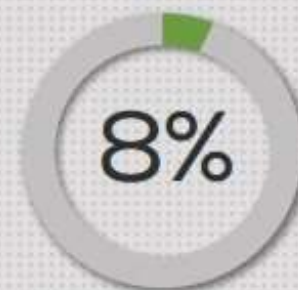
20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.¹

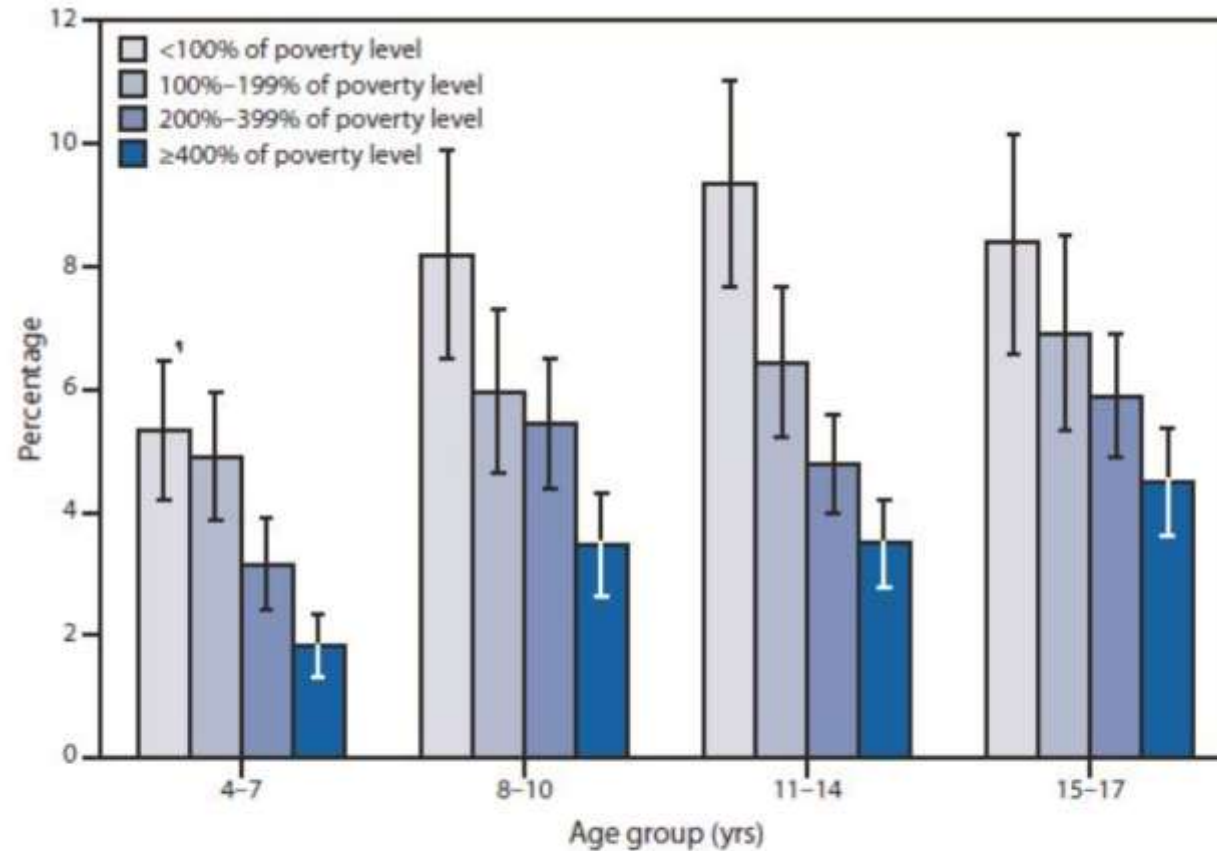
Suicide



3rd

Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹

Income gradient for children's mental health



Percentage of Children with Serious Emotional or Behavioral Difficulties, by
Age Group and Family: U.S., 2004-2009

The COVID-19 pandemic has had a large and uneven impact on global mental health

Cases of mental disorders rose sharply during the pandemic

Cases in 2020

Major depressive disorder

Anxiety disorders

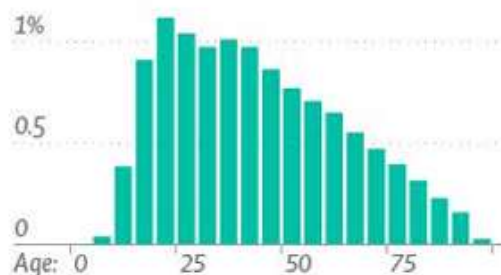
Additional cases due to COVID-19



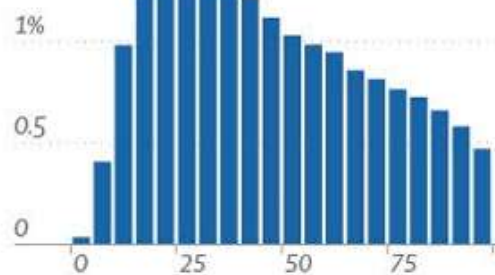
Younger people were hardest hit

Additional prevalence due to COVID-19, by age

Major depressive disorder



Anxiety disorders



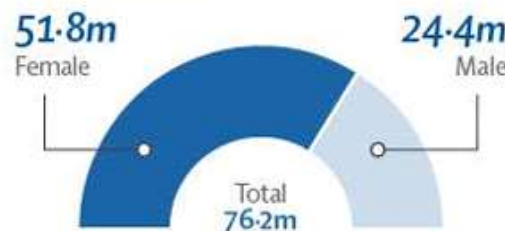
Increases were higher among females than males

Additional cases due to COVID-19, by gender

Major depressive disorder



Anxiety disorders



Mental health

39%

of 6-16 year olds

experienced a deterioration
from 2017-21, while

22%

saw
improvement

53%

of 17-23 year olds

experienced a deterioration
from 2017-21, while

15%

saw
improvement

[Loades](#) ME, i sur (Nov 2020). Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the Context of COVID-19. *Journal of the American Academy of Child & Adolescent Psychiatry*, Volume 59, Issue 11,

MEDLINE, PsycInfo, Web of Science,
January 1, 1946- March 29, 2020.
83 articles (80 studies), n = 51,576; mean age 15.3 years

Epidemics Bird and Pig influenza, SARS
(United States, Canada, Mexico)



Isolation and loneliness increases the risk **for Depression and Anxiety** (0.25-9 year after)

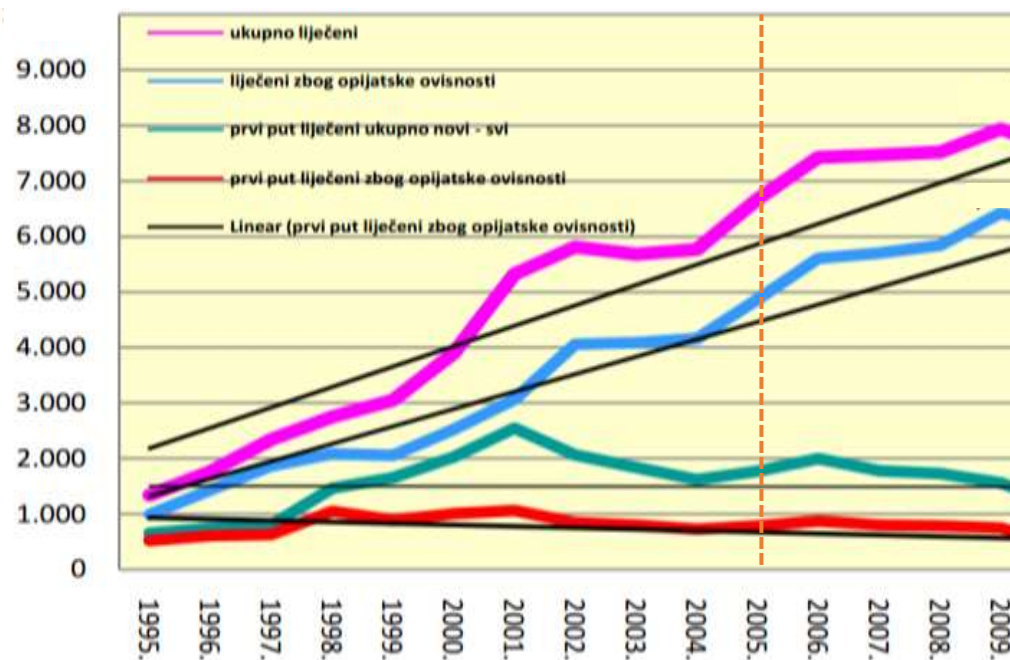
Length of LONELINESS – more stronger predictor of MH problem than intensity of isolation

Children in isolation have **5x greater risk** for MH problems

Drug abuse and addiction 1990-

- ❑ Epidemics of heroin addictions in the 90'
- ❑ 2005 integration of local services into PH network

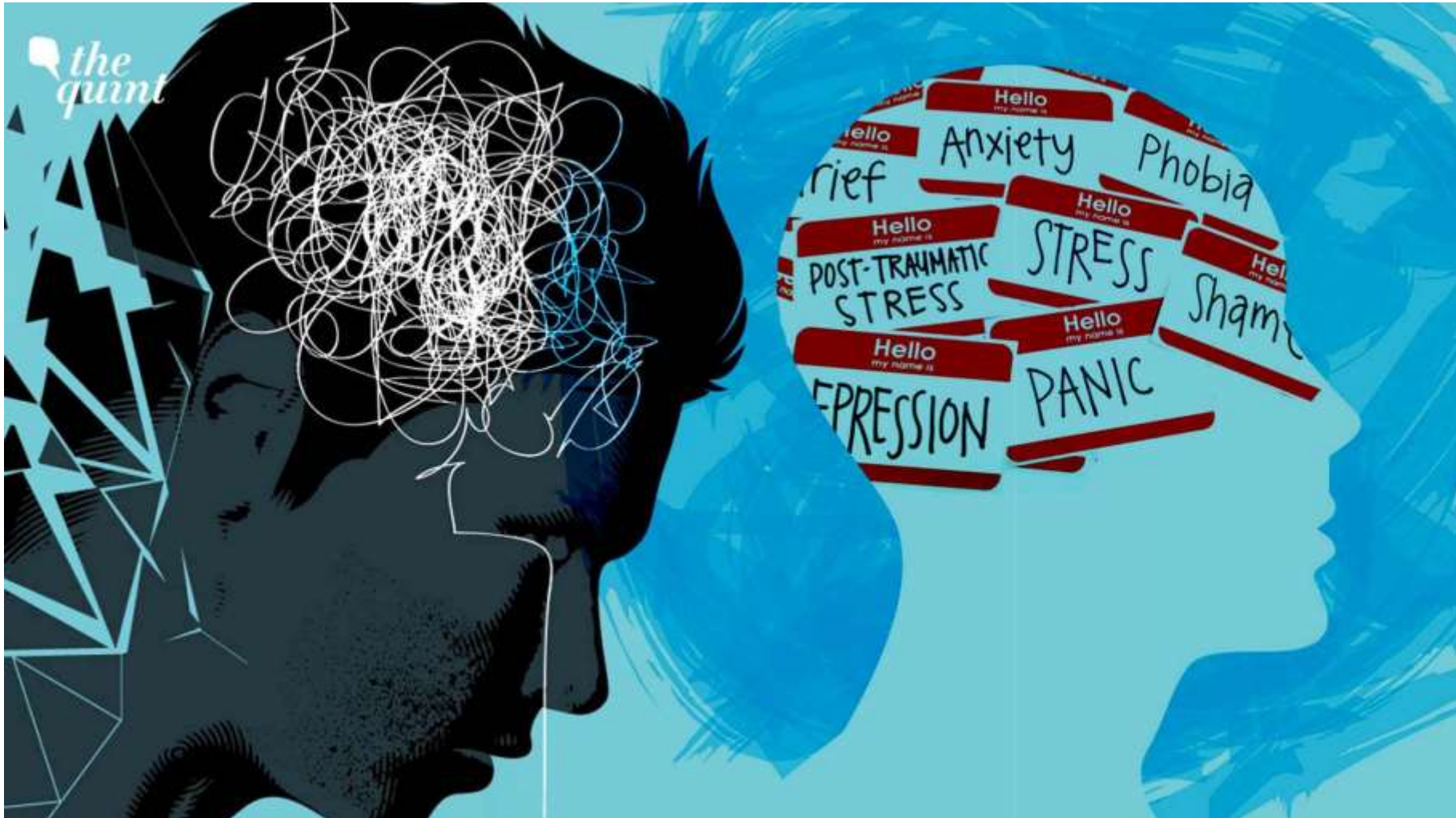
Demand for treatment in RH 1995-2009



Teen violence 2000-



Mental health crisis 2010-



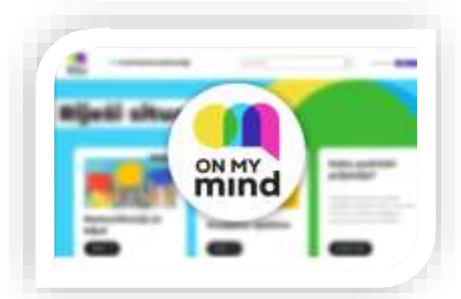
Mental health promotion

- ☐ Life skills training 3-7 grade ES
- ☐ RESCUR preschool resilience program
- ☐ Parental skills program
- ☐ Publication RIZIK
- ☐ Web app: OnMyMind.hr
- ☐ Theater show NETWORK



Early detection measures

- ☐ Screening of mental health „Strengths and difficulties questioner“
- ☐ **HelpTo**- mental health literacy promotion for educational professionals



Early interventions

- ☐ Youth counseling centre
- ☐ Psychotherapy
- ☐ Individual and family counseling



Outpatient treatment for addictions

- ☐ Drug free approach
- ☐ Substitution therapy
- ☐ Psychiatric and psychological treatment
 - ☐ Group for gambling
 - ☐ Group for mothers
 - ☐ Prison group

Outpatient Psychiatric unit for general population

- ☐ Early development
- ☐ Vulnerable groups support



THE GAP



Opportunities

- ☐ Prevention is possible and cost-effective
- ☐ Programs that work
- ☐ Range of interventions in various settings and different levels

Limitations

- ☐ Lack of evaluation
- ☐ Programs that don't work
- ☐ Limited outreach
- ☐ Poor public policies and limited resources
- ☐ Limited number and availability of model programs
- ☐ Quality of implementation

Need for capacity building has been issued globally (WHO, CDC)