



GGZNEDERLAND

Dutch Association of Mental Health
and Addiction Care

Mental health and well being

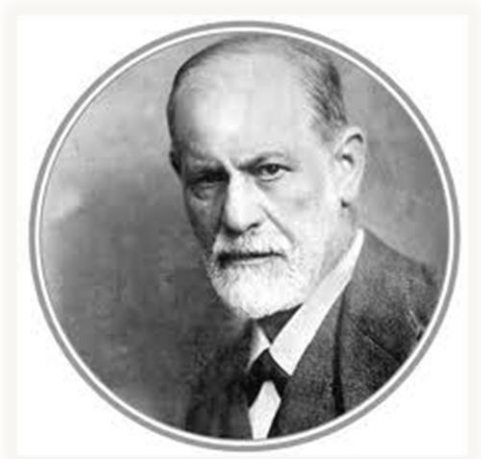
Motor for economic recovery

Chris Nas,
cnas@ggz nederland.nl

AEIP, Annual Conference
Venice, November 13th 2015



What images do we have of mental health (care) ?



The image of people with severe mental illness according to Amazon/ASDA/Tesco (Halloween 2013)



The fight against stigma is long and difficult, but slowly making progress

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Outrage as Tesco, Asda and Amazon sell Halloween outfits of mental health patients

- Asda 'mental patient' fancy dress costume was on sale for £20
- Tesco and Amazon sold 'Psycho Ward' costumes for just over £18
- Former footballer Stan Collymore who battles depression among critics
- Asda donates £25,000 to mental health charity Mind as 'apology'
- Tesco also apologises and withdraws products from sale

By [SIMON TOMLINSON](#) and [ELLIE BUCHDAHL](#)

PUBLISHED: 05:54 GMT, 26 September 2013 | **UPDATED:** 13:21 GMT, 26 September 2013



Now, these images are replaced by familiar faces of people who experience(d) mental ill health



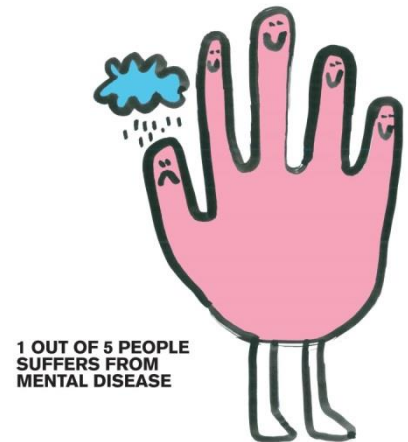
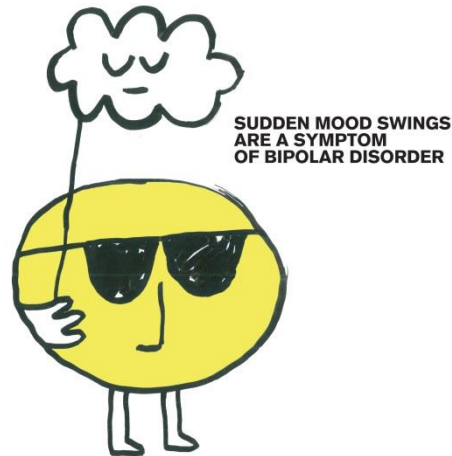
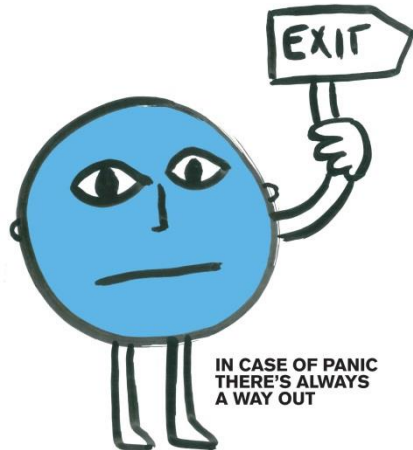
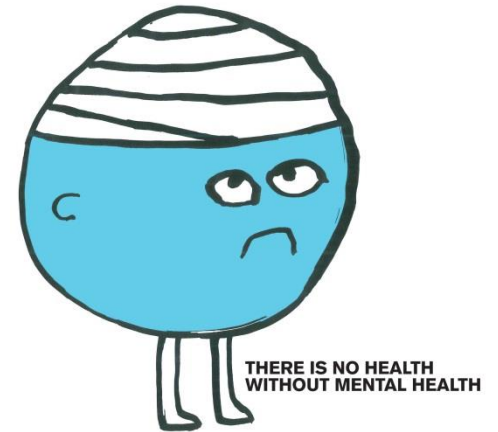
Now, these images are replaced by familiar faces of people who experience(d) mental ill health



Milestone on 22nd October 2015: Julia's debut in Sesame Street as its 1st autistic character.



In Portugal, NGO's start to fight stigma at school with UPA's



Source: ENCONTRAR+SE - Association for the promotion of mental health (www.encontrarse.pt)



In Portugal, NGO's start to fight stigma at school with the UPA's



Source: ENCONTRAR+SE - Association for the promotion of mental health (www.encontrarse.pt); photo used with parental consent.



Children learn of diversity in personalities and mental health, e.g. through the stories of A.A. Milne

Table 1: DSM-IV multiaxial diagnosis of conditions demonstrated by the inhabitants of the Hundred Acre Wood

Inhabitant	Axis I Clinical disorders	Axis II Personality disorders/ mental retardation	Axis III General medical conditions	Axis IV Psychosocial/ environmental problems
Winnie-the-Pooh	ADHD, inattentive subtype; OCD (provisional diagnosis)	Borderline intellectual functioning (Very Little Brain)	Poor diet, obesity, binge eating	–
Piglet	Generalized anxiety disorder	–	Failure to thrive	–
Eeyore	Dysthymic disorder	–	Traumatic amputation of tail	Housing problems
Rabbit	–	Narcissistic personality disorder	–	–
Owl	Reading disorder	–	–	Housing problems
Tigger	ADHD, hyperactivity– impulsivity subtype	–	–	–
Kanga	–	–	–	Single parent, unemployed, overprotective of child
Roo	–	–	–	Single parenthood, undesirable peer group, victim of unusual feeding practices (extract of malt)
Christopher Robin	Gender identity disorder of childhood (provisional diagnosis)	–	–	Lack of parental supervision, possible educational problems

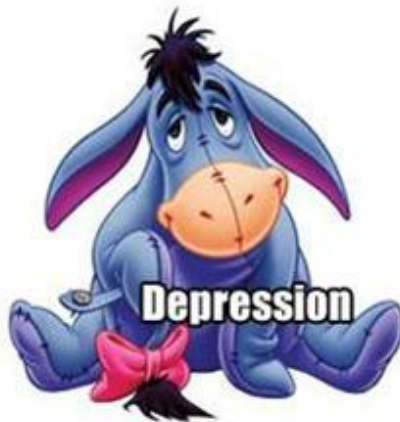
Note: ADHD = attention deficit hyperactivity disorder, OCD = obsessive compulsive disorder.

*The Axis V (global assessment of functioning) scale was deferred.

Source: Shea, S. Gordon, K. Hawkins, A. Kawchuk, J. Smith, D. (2000) *Pathology in the Hundred Acre Wood: a neurodevelopmental perspective on A.A. Milne*. Canadian Medical Association Journal, December 12, 2000; 163 (12) 1557 - 1559

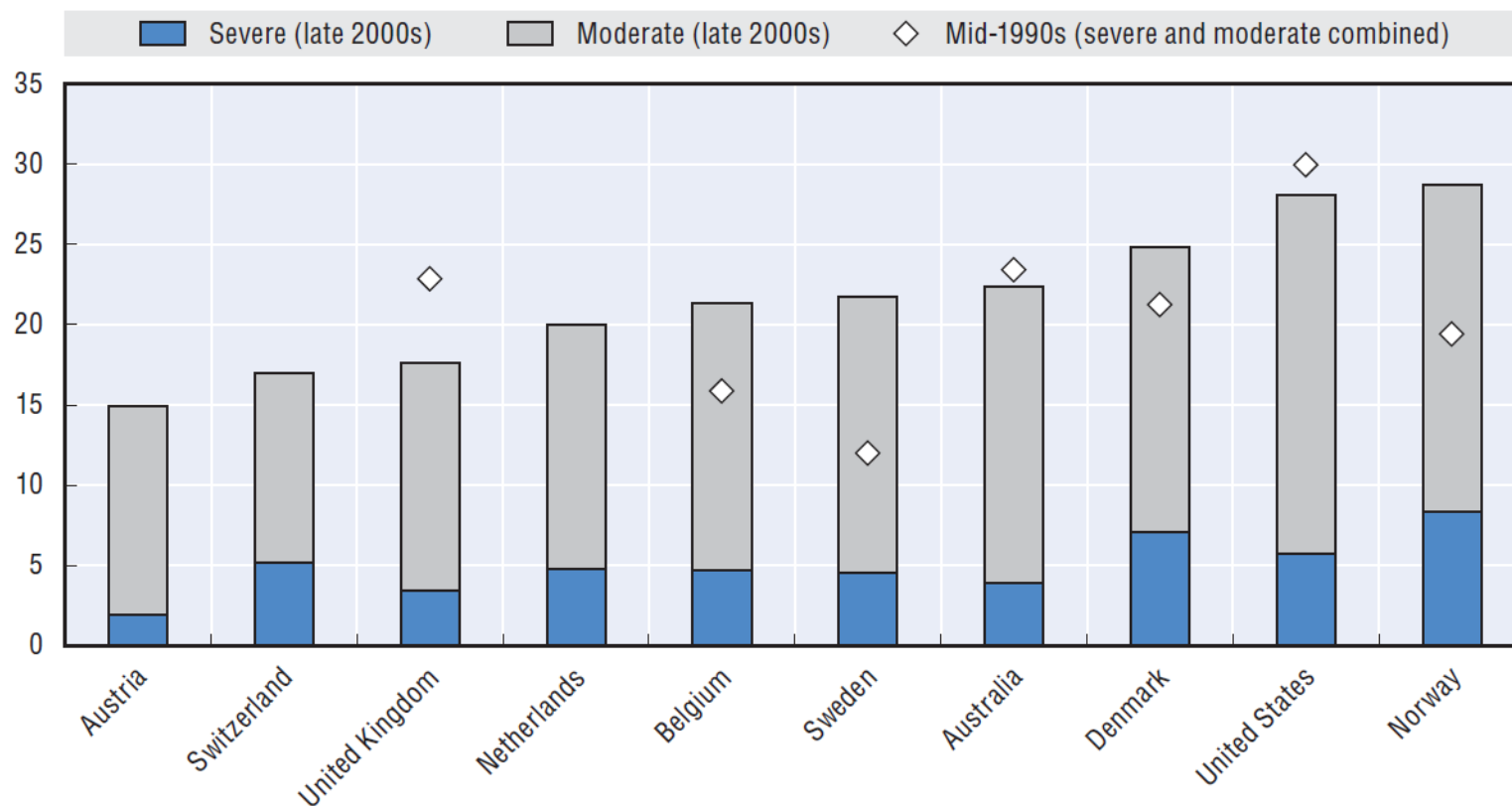


Children learn of diversity in personalities and mental health, e.g. through the stories of A.A. Milne



Between 15 – 25 % of adolescents have had experience with mental ill health...

People aged 15-24 with a mental disorder as a percentage of the total youth population, late 2000s and mid-1990s

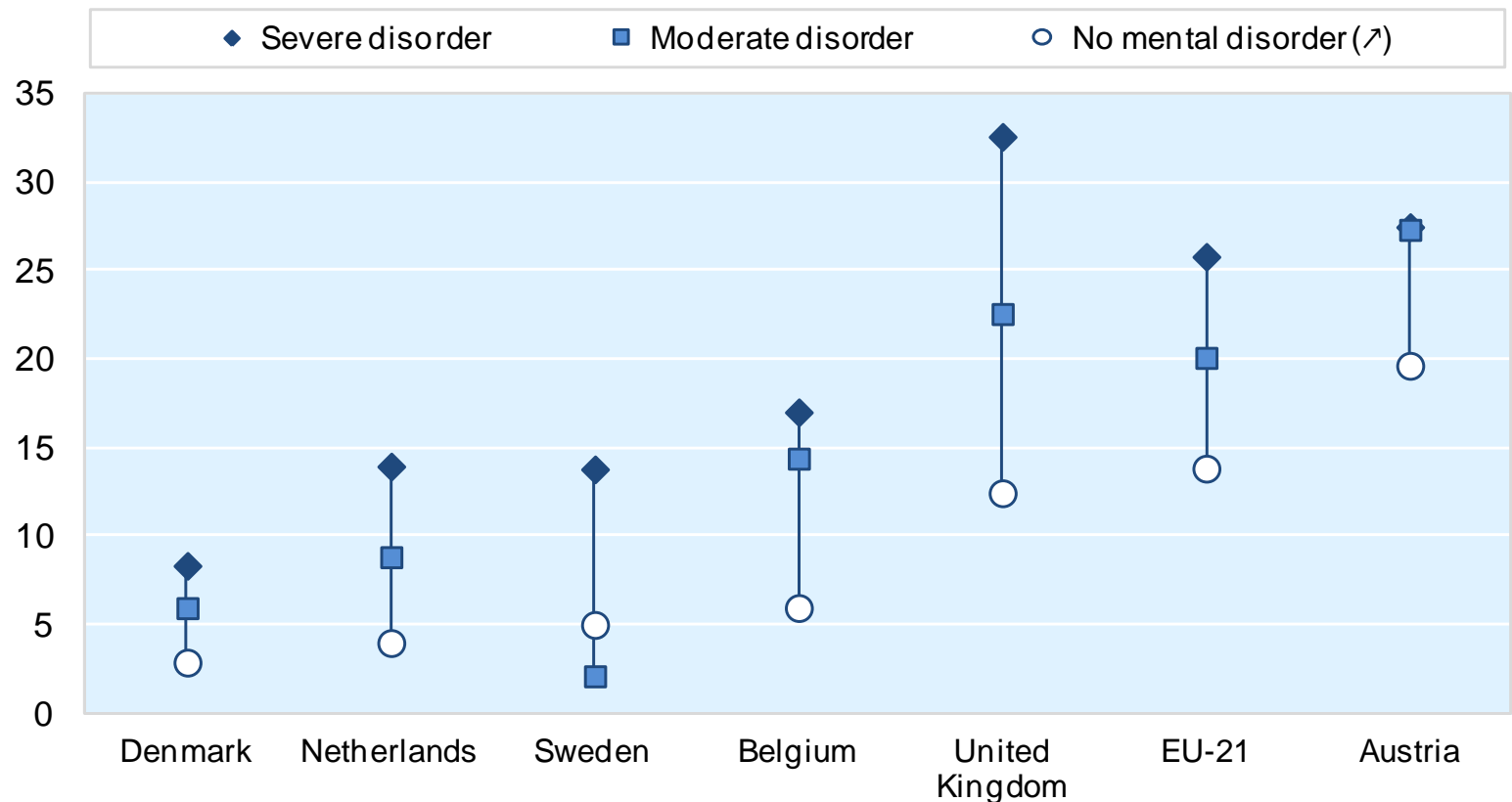


Source: OECD (2012), Sick on the job? Myths and realities about mental health and work, page 178.



... affecting their education...

Share of people who stopped full-time education before age 15, by severity of mental disorder, 2010

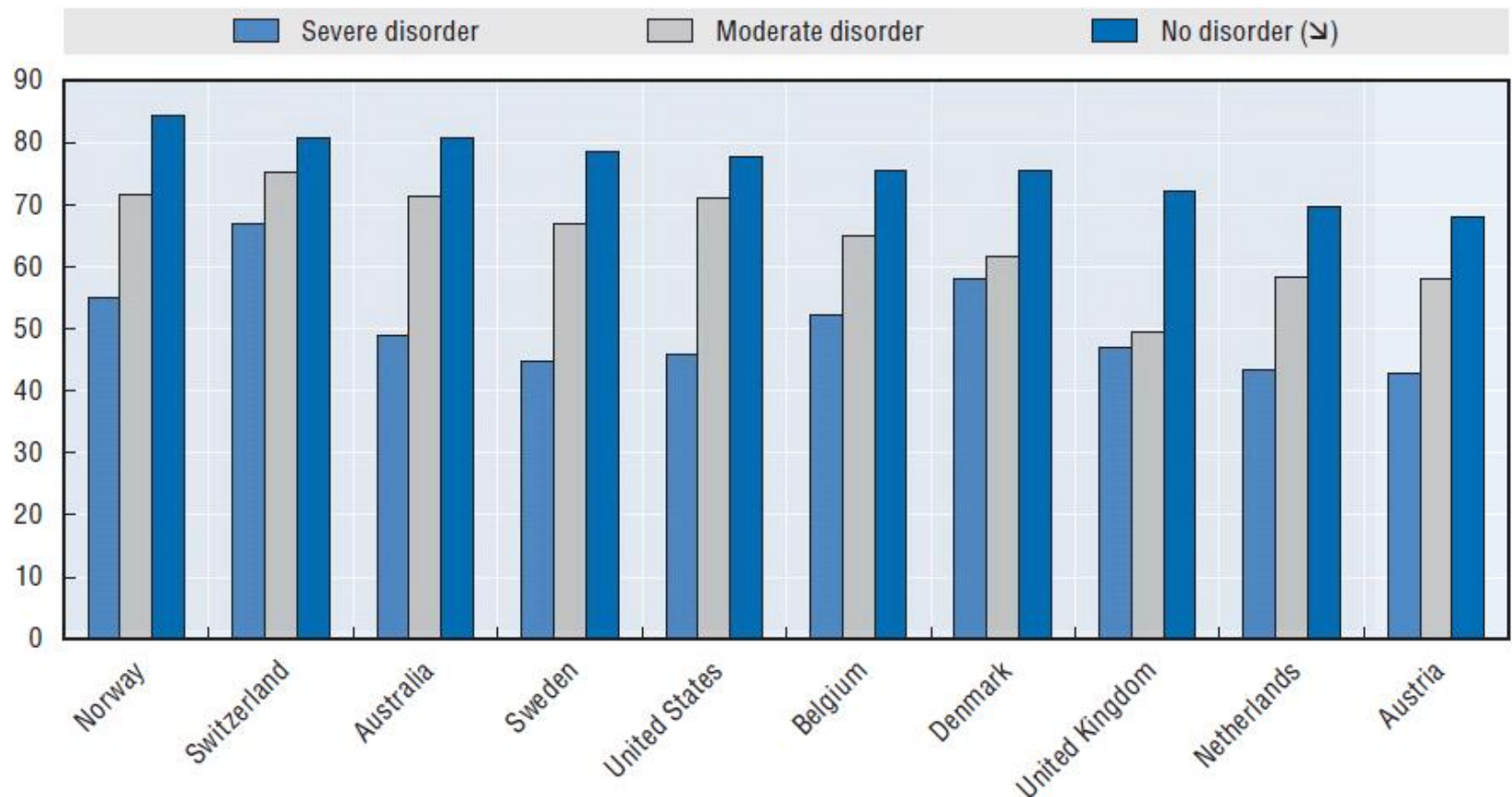


Source: OECD (2012), Sick on the job? Myths and realities about mental health and work, page 138.



... their employability ...

Employed people as proportion of the working-age population in 10 OECD countries, by severity of mental disorders, latest available year

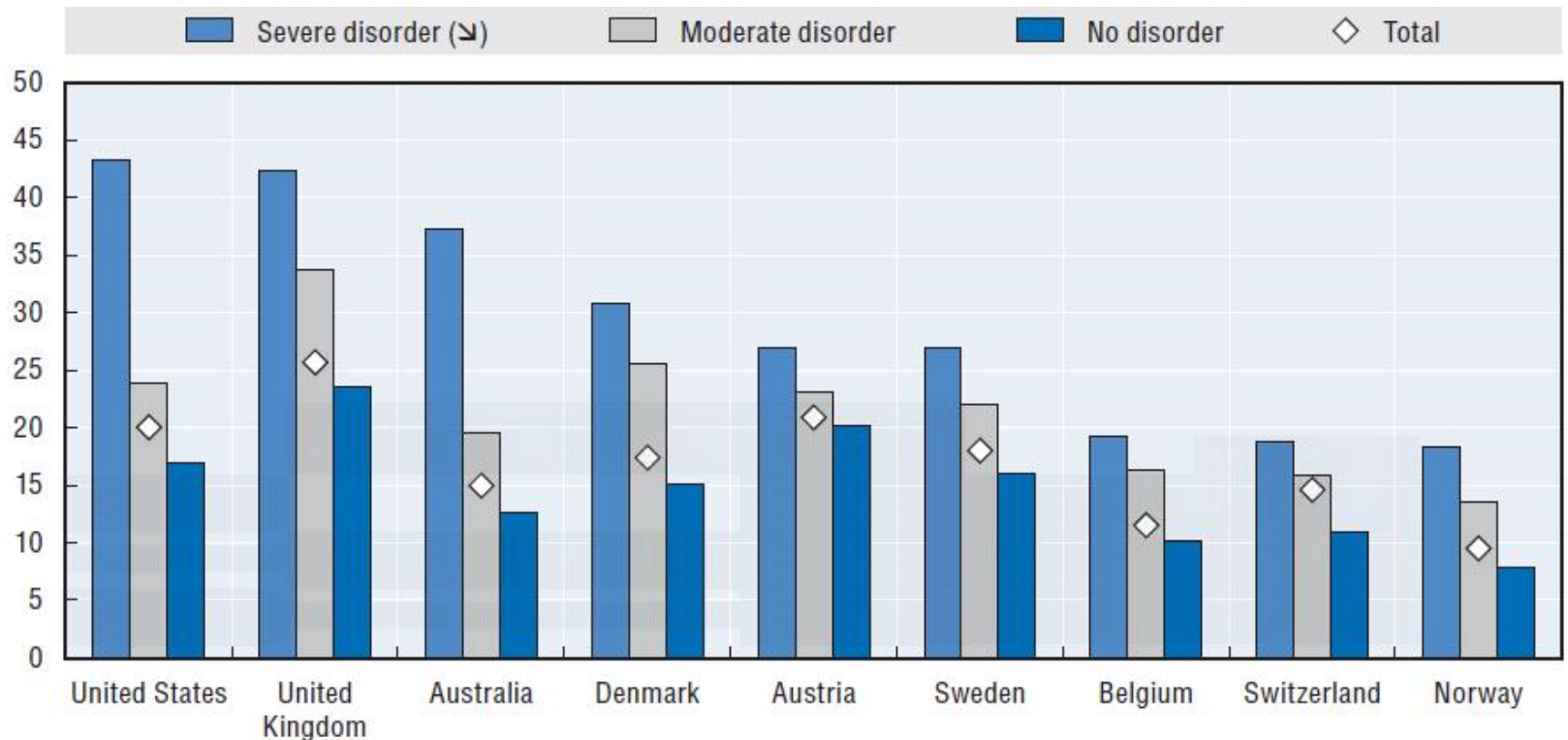


Source: OECD (2012), Sick on the job? Myths and realities about mental health and work, page 30.



... and their income.

Poverty risks for people with a severe, moderate or no mental disorder in 9 OECD countries, latest year available



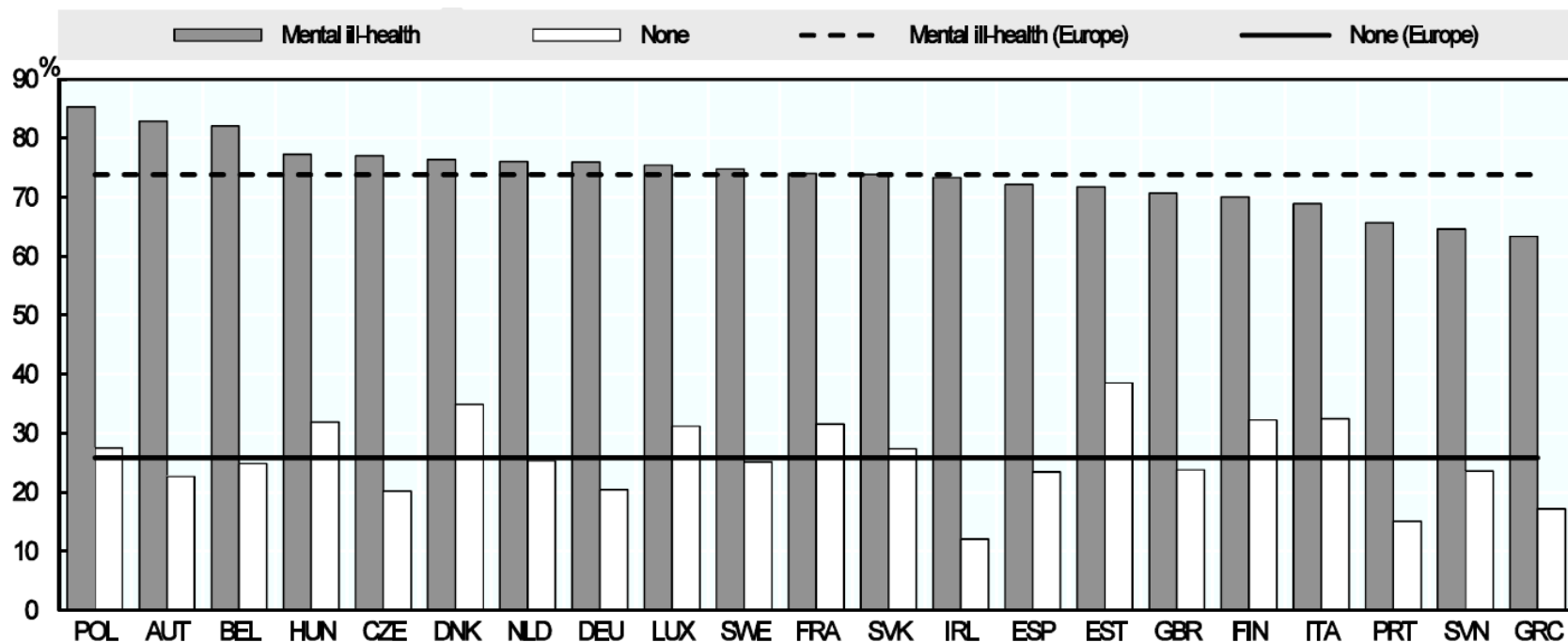
- a) Per person net income adjusted for household size. For Australia and Denmark, data refer to gross income.
b) The low-income threshold determining poverty risk is 60% of median income.

Source: OECD (2012), Sick on the job? Myths and realities about mental health and work, page 31.



Mental ill health leads to productivity loss ...

Workers who have not taken sick leave, but show reduced productivity due to an emotional problem (in the previous four weeks) by mental health status and country.



Source: OECD (2015) Fit Mind, Fit Job



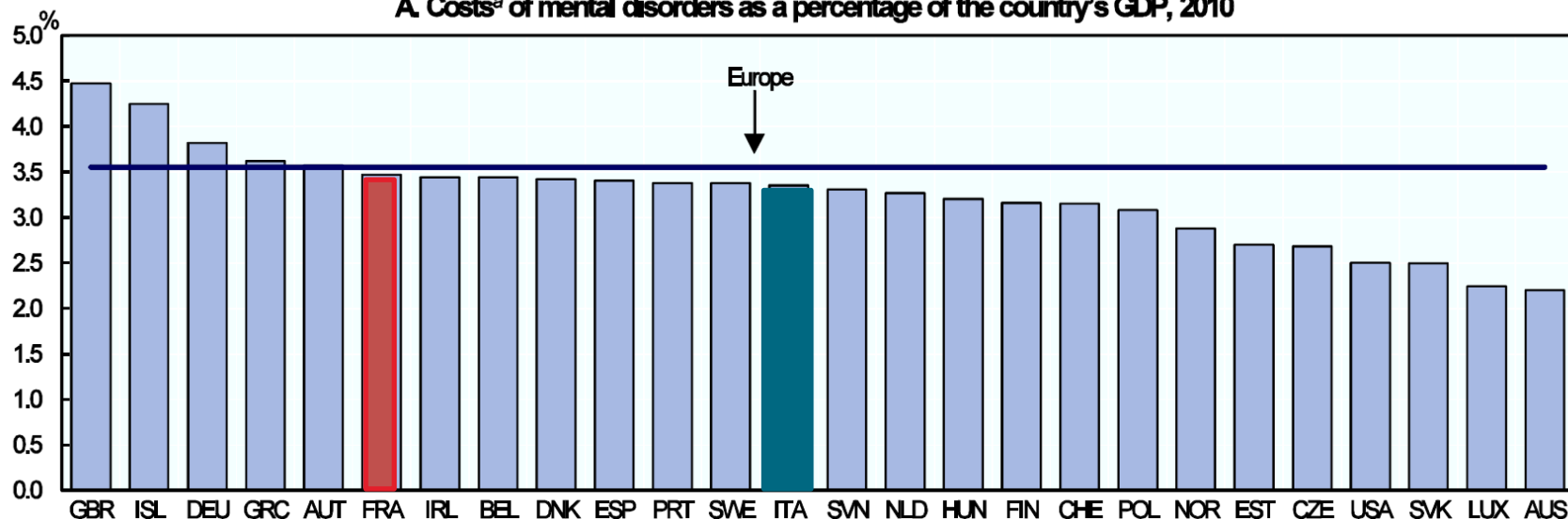
... this makes the impact of mental ill health on Europe's economy huge ...

Annual direct costs (work-related)

€ 610 billion

- employers (absenteeism and presenteeism) € 270 billion
- economy (lost output) € 240 billion
- healthcare systems (treatment) € 60 billion
- social welfare (disability benefit payments) € 40 billion

A. Costs^a of mental disorders as a percentage of the country's GDP, 2010



Sources: Matrix (2013), Economic analysis of workplace mental health promotion and mental disorder prevention programmes and of their potential contribution to EU health, social and economic policy objectives; OECD (2015) Fit Mind, Fit Job.



... although there are good interventions available.

- Evidence-based interventions to promote mental health at the workplace could save **€ 135 billion** each year.
- In the Netherlands, the present treatment of patients with depression yields each year € 436 million through increased productivity alone.
- In the UK, the return on investment on every pound spent on best practices :
 - Prevention conduct disorder: 83.72 (9.42 NHS)
 - Workplace health promotion programmes: 9.69 (0,00 NHS)



Societal changes will increase the economic impact of mental disorders in Europe

Economic and financial crisis:

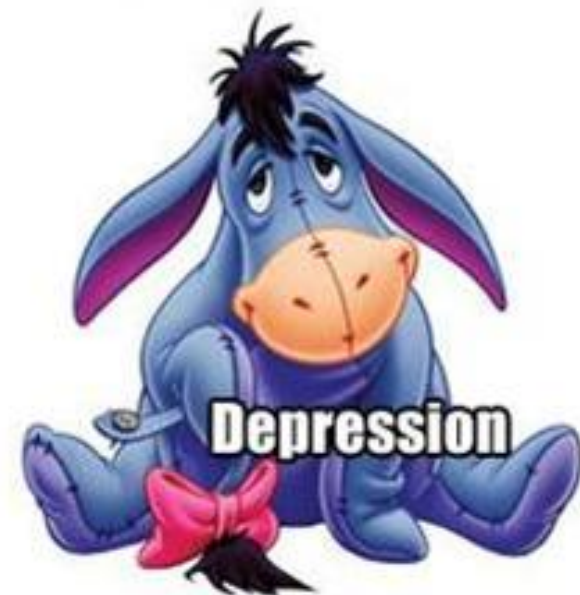
- People who experience unemployment, poverty, social exclusion
- have greater risk of developing mental health problems (depression)

Work-life balance is changing:

- A smaller working population
- Has to provide for their children AND their parents

Nature of work itself is changing

- Transition industrial to knowledge economy
- Cognitive work is becoming more important





Starting with the huge impact of severe mental illness on physical health and life expectancy ...



18 May 2011 Last updated at 01:59

324 Share f t e

Mentally ill have reduced life expectancy, study finds

By Dominic Hughes

Health correspondent, BBC News

People suffering from serious mental illnesses like schizophrenia or bipolar disorder can have a life expectancy 10 to 15 years lower than the UK average.

Researchers tracked the lives of more than 30,000 patients through the use of electronic medical records.

They found that many were dying early from heart attack, stroke and cancer rather than suicide or violence.



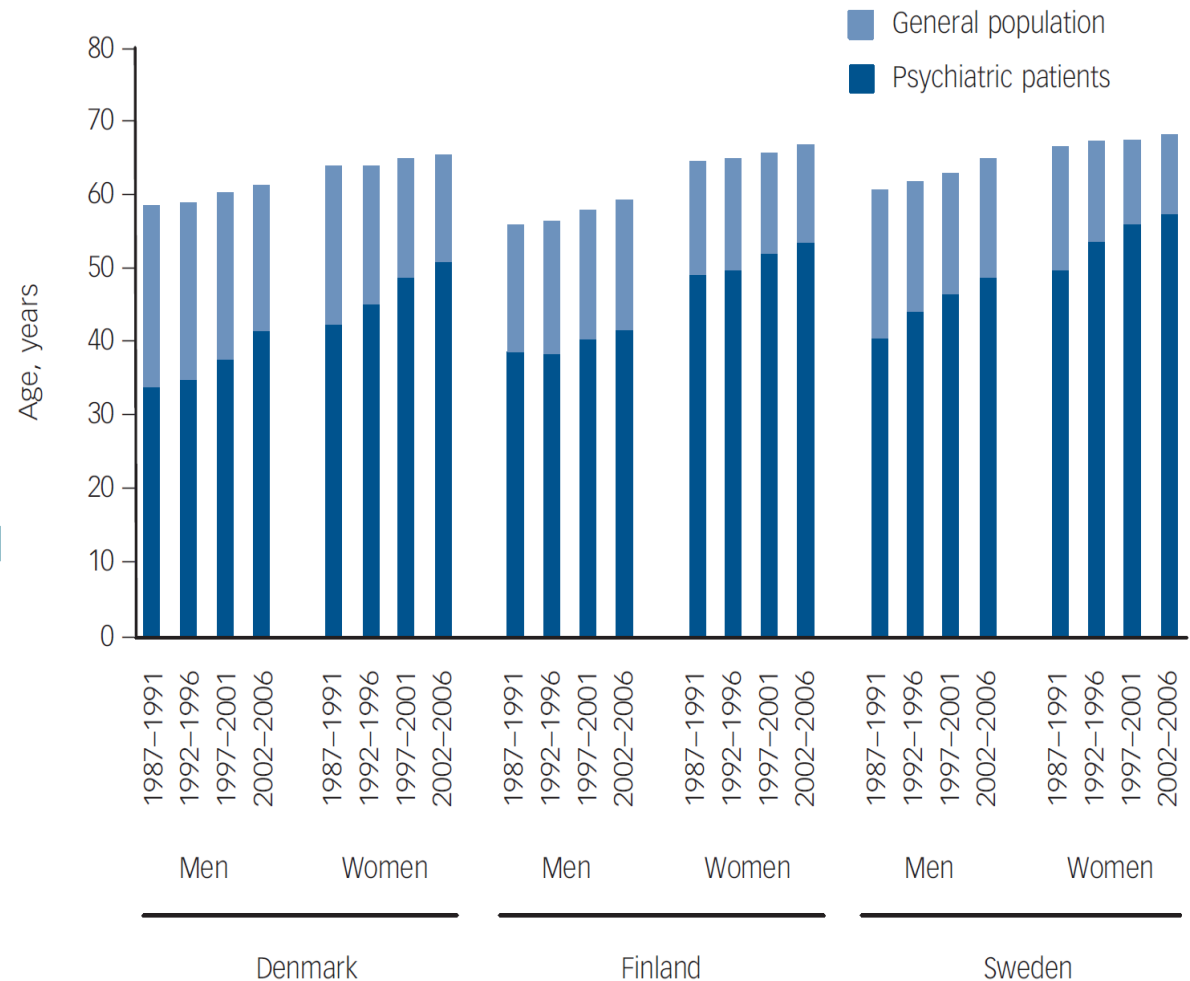
Researchers believe factors like social disadvantage and long-term drug use could be to blame

Source: <http://www.bbc.co.uk/news/health-13414965>



Starting with the huge impact of severe mental illness on physical health and life expectancy ...

Total life expectancy of psychiatric patients versus general population of Denmark, Finland and Sweden between 1987 – 2006 at 15 years of age



Source: Walhbeck et al: Outcomes of Nordic mental health systems: life expectancy of patients with mental disorders. The British Journal of Psychiatry (2011), 199, 453-458.



... the relationship between mental and physical health is more and more under research ...

- Comorbid major depressive disorder and chronic physical illness (arthritis, heart disease, asthma, back problems, COPD and diabetes) lead to greater healthcare utilization.
- Depression and anxiety are proven risk factors for coronary heart disease and have an impact on the progress after myocardial infarction.
- After a depressive episode, the risk of myocardial infarction is 4 times higher than without having depression previously.
- People with depression had about 70% increased risk of developing heart disease, men had 2.3 times greater chance to die as a result of it.
- Major depression is more common in patients with cancer than the general population, however 73% of patients were not receiving potentially effective treatment.

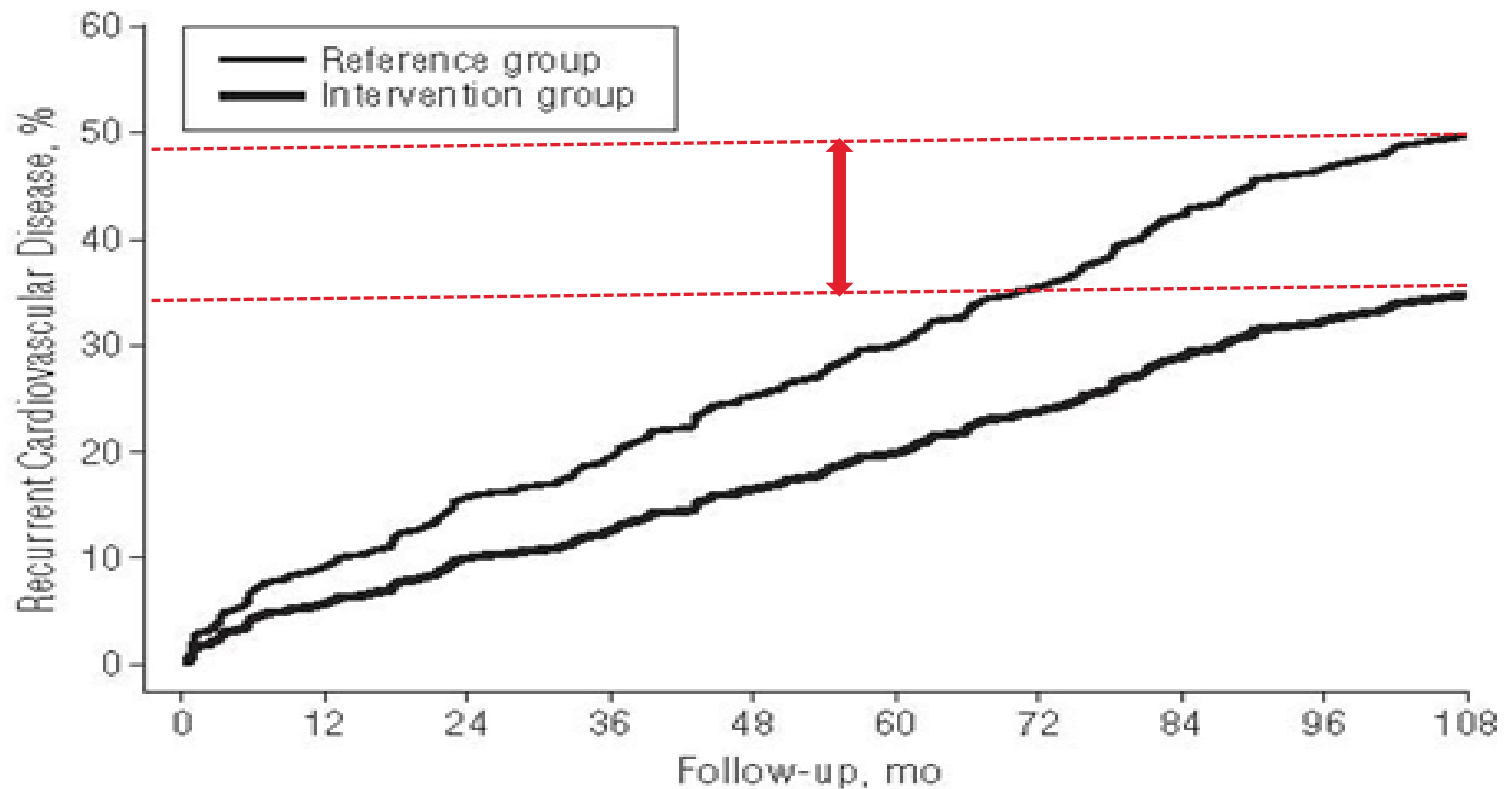
Sources:

Prados-Torres, A. et al (2014). Multimorbidity patterns: a systematic review. *Journal of Clinical Epidemiology*, 67 (3), 254-266. Harvey, S., Ismail, K. (2008). Psychiatric aspects of chronic physical disease. *Medicine*, 36 (9), 471-474. Prince, M. et al. (2007). No health without mental health. *The Lancet*, 370 (9590), 859-877. Turner, J., & Kelly, B. (2000). Emotional dimensions of chronic disease. *Western Journal of Medicine*, 172 (2), 124-128. Katon, W., & Ciechanowski, P. (2002). Impact of major depression on chronic medical illness. *Journal of Psychosomatic Research*, 53 (4), 859-863. Walker J, et al. (2014). *Prevalence, associations and adequacy of treatment of major depression in 21 151 cancer outpatients: a cross-sectional analysis of routinely collected clinical data*. The Lancet Psychiatry, Volume 1, Issue 5, pages 343 – 350. With special thank to Román, N (2014) Dividing the inseparable . The link between physical and mental health in the EU's second Health Programme.



... the relationship between mental and physical health is more and more under research ...

Cognitive Behavioral Therapy reduces the recurrence of cardiovascular disease significantly

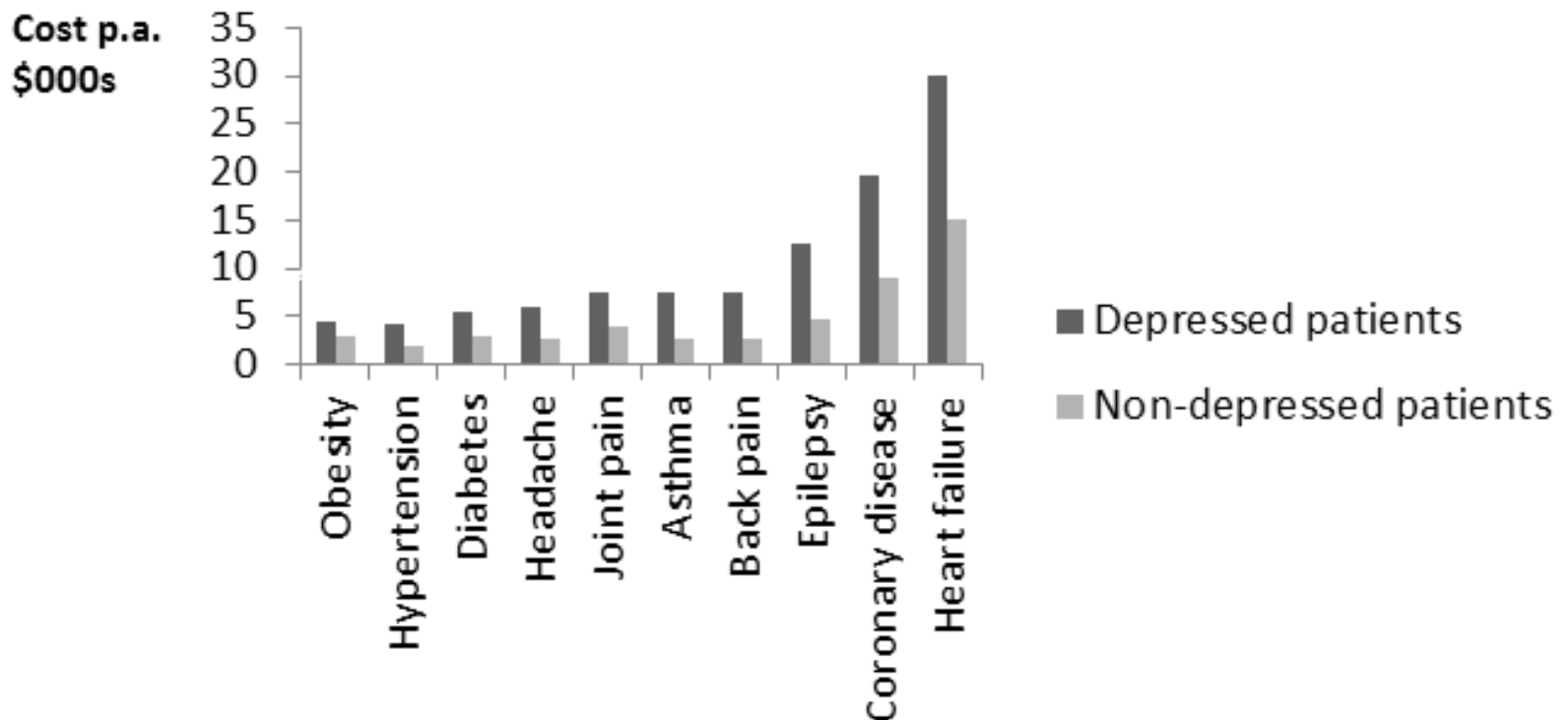


Source: Layard, R and D M Clark (2014), Thrive: The power of evidence-based psychological therapies. (Found on <http://www.voxeu.org/article/psychological-therapy-costs-nothing>)



... including calculating the economic impact.

Depression increases the cost of physical healthcare substantially (Colorado Access insurance scheme).



Source: Layard, R and D M Clark (2014), Thrive: The power of evidence-based psychological therapies. (Found on <http://www.voxeu.org/article/psychological-therapy-costs-nothing>)





OECD: there is no single country with a well functioning support system

- Early identification and intervention needed
 - Managers, teachers, family doctors and employment caseworkers
 - they lack knowledge
- Financial silo's (health, work and income)
 - lead to conflicting policies and incentives
- Treatment gap
 - Interventions are too late
 - Interventions are not appropriate



Source: OECD (2015) Fit Mind, Fit Job





Limited access:

- Just 50% of recipients of disability benefits with severe mental disorders are in treatment
- Only 40% with illness-related work-problems are in treatment.

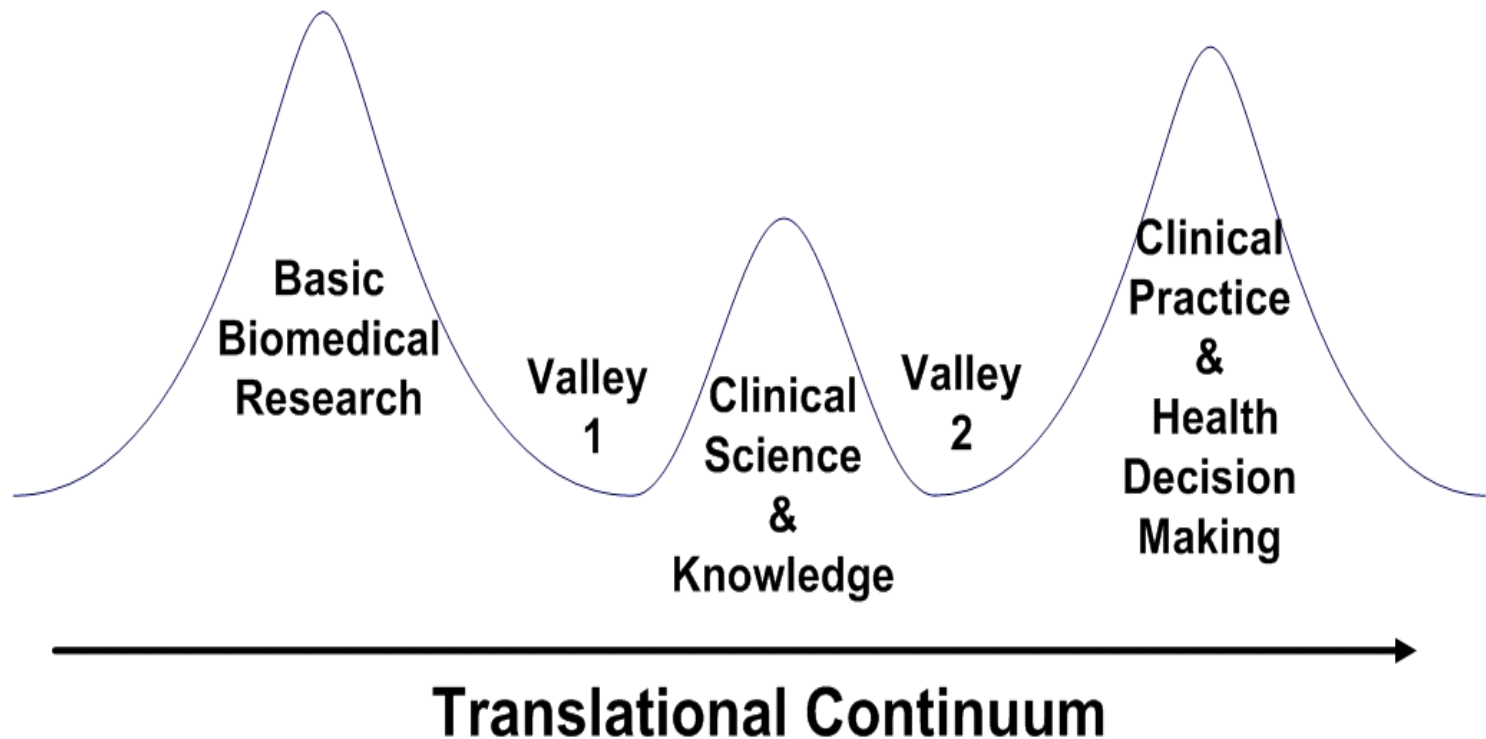
Inadequate treatment:

- Less than 1 in 4 of depressed population receives minimally adequate treatment
- In Dutch primary care, only 42% of persons suffering depressive symptoms are treated in accordance with guidelines.
- In Dutch schizophrenia care, an estimated 25–50% of patients receive guideline-concordant care.



Change does not come easy, adoption of cost effective health innovations takes 17 years...

Clinical & Translational Research: Valleys of Death



Source: Blas, A. and S. Boren (2000), *Managing Clinical Knowledge for Health Care Improvement*, in *Yearbook of Medical Informatics*, National Library of Medicine: Bethesda, MD. p. 65-70





European Alliance Mental Health in all Policies



- Beyond the usual suspects:
 - Not only mental health professionals and service providers.
 - Also private businesses and public organisations
- Partners focus on mental health at work and in schools
 - AIM: mental health priority for Taskforce disease management
 - AEIP: relation mental and physical health in construction sector





European Alliance Mental Health in all Policies



- European Implementation Program for Mental Health
 - Evidence based interventions available
 - Shorten 17 years gap between innovation to adaption
- Mental health should be part of European Semester
 - Policies with negative impact on mental health of the population are not fiscally sustainable



What did I share with you today ?

- Mental ill health is common (part of human condition)
- Mental ill health does have a direct relation with physical health
- Mental ill health does have a huge social and economic impact
- This impact will only increase in the next few years.

⇒ We need mental health in all policies

⇒ We need action

⇒ We need your support





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Mental health and well being

Motor for economic recovery

Chris Nas,
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