Joint Action for Mental Health and Wellbeing, Work package 8: Mental Health in All Policies

Action Points and Meeting minutes of 3rd WP8 meeting, Edinburgh May 15 - 16


Participants:
- Niall Kearney, Scottish Executive, Scotland, UK
- Dóra Guðrún Guðmundsdóttir, Directorate of Health, Iceland
- Arne Holte, Norwegian Institute of Public Health, Norway
- Maria Joao Heitor dos Santos, Instituto de Medicina Preventiva da Faculdade de Medicina da Universidade de Lisboa and Hospital Beatriz Ângelo, Portugal
- Jonathan Campion; South London & Maudsley NHS Foundation Trust, England, UK
- Heinz Katschnig, Austrian Ministry of Health, Vienna, Austria
- Jurgita Sajeviciene, State Mental Health Center, Vilnius, Lithuania
- Ileana Botezat-Antonescu, Centrul National de Sanatate Mintala si Lupta Antidrog, Romania
- Kim Nikolaj Japing; European Social Network (ESN), London, UK
- Mille Pedersen, Danish Health and Medicines Authority, Copenhagen, Denmark
- Nigel Henderson, Mental Health Europe (MHE)
- Pablo García Cubillana, European Social Network (ESN), Andalucia, Spain
- Pia Solin, National Institute for Health and Welfare, Helsinki, Finland
- Marta Agostinho, Universidade Nova de Lisboa, Portugal
- Kristian Wahlbeck, Finnish Association for Mental Health, Helsinki, Finland
- Reija Narumo, Finnish Association for Mental Health, Helsinki; Finland

<table>
<thead>
<tr>
<th>Action Points</th>
<th>Who?</th>
<th>Until when?</th>
<th>What?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All participants</td>
<td>30 May 2014</td>
<td>Suggestions: topics, speakers and attendants for the Helsinki MHIAP Conference in May 2015</td>
</tr>
<tr>
<td></td>
<td>All partners</td>
<td>30 May 2014</td>
<td>Announcement of the participation and opportunity to make a presentation to London Conference in September 24 -25</td>
</tr>
<tr>
<td></td>
<td>Kristian</td>
<td>30 May 2014</td>
<td>Template for policy briefs</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------------</td>
<td>-------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reija 30 May 2014</td>
<td>Template for country reports (half page with SWOT structure)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All Partners 15 June 2014</td>
<td>All good practice descriptions ready (actual and promising ones) Country reports revised according to the template.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maria Arne Jonathan Kim 15 August 2014</td>
<td>Draft policy briefs on employment, schools, local government and MHiAP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All partners 15 September 2014</td>
<td>First draft of the situation report and recommendations (including country reports) KJ: This includes the discussion chapter!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ileana, Jurgita 30 September 2014</td>
<td>Suggestions for piloting in Lithuania and Romania</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All partners 23 – 24 October 2014</td>
<td>Report meeting in Bucharest, Romania</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All partners 15 November 2014</td>
<td>2nd draft of the report and recommendations ready for consulting Ministries etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All partners 15 December 2014</td>
<td>The deliverable of WP8: The situation analysis report and recommendations ready for EU Commission</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**15 May, Thursday 9 - 17**

**9.25 Welcome (Kristian, Reija, Marta)**

- The meeting started with introductions of all attendants and welcoming new partners into our WP8 team:
  - **Kim Nikolaj Japing** from ESN replacing Alfonso Montero
  - **Nigel Henderson** from MHE replacing Yves Brand.

  It was also informed that Wendy Halliday from NHS (National Health Service for Scotland) will replace Monica Merson but Wendy could not attend this meeting. **Also Pablo García Cubillana from Andalucia**, Spain attended this meeting as a representative of ESN.
• **Marta Agostinho**, JAMHWB Project Manager, told shortly the update from Joint Action as a whole and decisions made by the Steering Committee in April in Frankfurt meeting. All the thematic work packages are in the process of reporting and all reports for the EU commission will be ready this year. The last year of JA will be dedicated to the dissemination and advocacy.

• There were discussion about the Frame of Action of JA which will be one of the outcomes in the end – how it is linked and how it will affect at different levels in Europe. It was considered a good thing that there will be described three levels for action, depending on resources that a country can invest in this matter.

• See the attached Marta’s presentation

**9.50 Country reports and evaluation of good practices (All partner countries)**

• Each partner introduced their country report and **2-4 good practice descriptions**.

**Key issues of the discussion:**

• There were a lot of **discussion** what mental health in all policies does include and what can be dropped out because the WP8 report cannot include all possible point of views. **Kristian reminded that in this work package the basic idea is how mental health promotion aspects are taken into account IN CROSS-SECTIONAL COLLABORATION at public policy level, this is the KEY CRITERION for a good policy level practices.**

• The aim is to get a collection of about **20 good practices altogether** (from partner countries and other MSs). It was also noted that these good practices are **unequally distributed in European countries** and **WP8 coordination will go through all the good practices presented by partners and select the most important ones for WP8 report**. This also enables avoiding any overlap.

• It should also be reported that **the selected good practices are examples and they do not cover all the existing ones in Europe**. Selected practices for the report should cover common elements of good practices and appropriate parts of them can be taken into use.

• Also the good practices can be divided into two categories:
  - promising/emerging ones
  - actual ones.

• It was decided that **all the good practices by partners are described until 15 June**

• Also the country reports would be revised until June 15 according to the template that Reija will send in the end of May.

**15.30 Web-questionnaire results from partner countries (Reija)**

• Reija presented shortly the summaries of the background and multiple choice questions from the survey of 2nd data collection phase.
• There was a question what we should do with the information concerning MHiAP related research, publications or assessments that the survey has produced. It was decided that all those will be gathered by Reija and send to Dora for JA website.
• See the attached presentation of the results of 2\textsuperscript{nd} phase data collection of WP8

16.00 Extended data collection results (Reija and Kim)

• Reija and Kim presented the summaries of extended data collection answers and Kim presented couple of good practices examples.

• Reija and Kristian will go through all the good practices from extended surveys with WP8 evaluation criteria and select from there the ones that could be described in the report and ask help of Kim for further information of those practices.

• See the attached presentation of the extended data collection (2 PP-files)

16 May, Friday 9 – 15

9.0 Plans of WP8 to attend Mental Wellbeing in all Policies Conference, London, Sep 24-26 (Dora)

• This will be the 8th World Congress on the Promotion of Mental Health and the Prevention of Mental and Behavioural Disorders. Dora suggested topics for all WP8 partners to present in London and asked how many could attend. Jonathan, Arne, Dora, Kristian and Reija will attend and the others were asked to respond during May if they can attend and present WP8 related topic there.

• See the attached presentation of Dora

9.30 The situation analysis report and recommendations - dl Dec 2014 (Kristian)

• Kristian presented a revised table of contents, which is connected to the wishes of JA co-ordination. Contents were modified during an active discussion on the structure and substance of the WP8 report. It was agreed on who writes what - the division of labor is written in the contents.

Key issues of the discussion:

• Important aim for the WP8 report that is to call and motivate to act for MHiAP and not give the impression of demands.

• The report should include recommendations according to different types of countries taking into account different levels of resources, distribution of recourses, awareness and attitudes. It could be mentioned how much from budgets countries are using in mental health prevention and promotion (average levels, not comparing countries). There could also be suggestions for redesign of resources – since there probably will not be more funding for MHiAP.

• It also should be noted at what level the cross-sectional collaboration takes place: Is it initiative or concrete level action.
There were suggestions that the report could include a tool or techniques for self analysis or self assessment for the countries to find out their position in the field of MHiAP. This could help the countries to know what concrete actions according to the recommendations take could take as next steps to proceed in this field. At the same time all kind of comparison between countries should be avoided.

There was very intensive discussion concerning the Discussion chapter of the report. In this chapter it could be mentioned a lot of different points of view like mental health considerations in other than health sector without cross-sectional collaboration or mental health in health sector etc.

It should be also described how the follow-up could be organised in countries and how EU Commission will follow the results of JA.

The recommendations are made for the EU Commission so that it will suggest those for the Member States. Recommendations will be done for three different levels of governance.

Country reports will be part of the overall report and they will be in separate chapter from good practice descriptions. It was decided that Reija will send a template for a half page country report which includes the SWOT analysis structure (in two paragraphs). In addition the country report should include a very short summary of the MHiAP position in the partner country. This evaluation is not based on the survey answers but on the impression of the partner.

It was asked to produce compact text in order to keep the report easily readable and usable.

It was decided to get the first draft of the report and recommendations will be ready in 15 September so that there is time to evaluate it within WP8 partners and consult ministries etc.

The deadline for the report including recommendations for EU Commission is 15 December 2014.

See the attached proposal for contents with writing task allocation.

11.00 Piloting in two countries in 2015:

Key issues of the discussion:

It was suggested that Romania and Lithuania could be the piloting countries and Ileana and Jurgita will take this suggestion to their governments.

It is up to piloting countries to decide what form the piloting will take. It can be for example a training program for civil servants from different sectors, or high level round table discussions to get a strategy that could be taken into concrete actions. The aim is to start the process in a country.

The aim of the piloting is to benefit both WP8 and piloting country.
• The training program could be a process like:
  o 1st training day at the beginning of 2015
  o 2nd training day could be attending to Helsinki MHiAP Conference in May 2015
  o 3rd training day in the autumn 2015 (follow up)
• Piloting country could for example select couple of relevant sectors (e.g. housing) and those sectors could implement some good practice aiming to have a MHiAP related program etc. in the end of 2015.

• It was decided that countries will make the plan of their own for the piloting process during the summer in order to get more detailed plan made until the end of 2014.

• The plan should include:
  o structure, substance and timetable of the process
  o target groups/sectors (not clinicians)
  o tentative budget

• The plan should take into account the present laws and strategies which could promote the piloting.

• A contract with Ministry of Health is needed.

• There was a question that who will be the trainer and suggestion that it could be both local authority and representative of WP8.

• At the beginning it is important to clarify the concepts of mental health and wellbeing and how those concepts are connected to the work of particular target group.

• The WP8 coordination will negotiate with JA Coordination concerning the costs of the piloting and what could be covered from JA budget.

• WP8 should offer to the piloting country
  o a menu of possible outcomes of the piloting program
  o policy briefs

13. 00 Policy briefs (Kristian):

• It was decided that there will be four WP8 policy briefs and each will be length of one page (A4 both sides). They all should include an example. Kristian will send a template for a policy brief until the end of May.

• Policy briefs of WP8:
  • Kim Nikolaj Japing possible with Alfonso Montero: Local government
  • Maria Joao Heitor dos Santos: Employment sector possible in co-operation with WP6
  • Arne Holte: Mental Health in All Policies
  • Jonathan Campion: Schools possible in co-operation with WP7
• Translation and printing will be done by WP2 – Dissemination work package of JA.

• It would be good to test the policy brief before printing those.

• The policy briefs are needed before the last year of WP8 for dissemination and for piloting. There is also time needed for translations so the deadline for the first draft of the briefs was decided to be 15 August 2014.

14.00 Next meetings of WP8:

• **Report meeting in Bucharest, Romania 23 – 24 October (4th WP8 meeting)**
  It was suggested to have a meeting before the final reporting in order to revise the report with partners in the face to face meeting. It was also suggested that the meeting could take place in piloting country and Romania was suggested. Ileana promised to find out soon if this will be possible. The other option could be Lisboa. Please note: Later Ileana confirmed that the meeting can take place in Bucharest.

• The topics in the 4th WP8 meeting will be the report as a whole, recommendations of action, policy briefs, piloting in 2015 and dissemination/advocacy)

• The 5th WP8 meeting could be connected to Mental Health in All Policies - conference in 11 – 12 May 2015 in Helsinki so 5th WP8 meeting will be 13 May 2015 in Helsinki.

• Kristian asked all to suggest during May speakers and topics for the conference and also attendants who could contribute and promote the political statement that will be made in the end of the conference. The conference will be organised and paid by the EU Commission but only the expenses of the speakers can be covered. So all the partners should present there in order to get there without using JA budget. This is the way to get an extra meeting for WP8.

• The Concluding meeting will be in Lisboa, Portugal 21-22 January 2016 and all the Work Packages with their partners will be attending there.

**Evaluation of the meeting with a form of WP3 (Evaluation work package)**

**End of the meeting at 14.30.**