

**Strategies for Promotion and
Prevention and Rehabilitation in
Mental Health in Ethiopia**

WHO pyramid Framework for optimal mix of services



Contributing factors to mental health and well-being (WHO)



WHO Action Plan for Prevention of Mental Illness and Promotion of Mental Health

- **Global target 3.1:**
 - *80% of countries will have at least two functioning national, multisectoral promotion and prevention programmes in mental health [by the year 2020].*
- **Global target 3.2:**
 - *The rate of suicide in countries will be reduced by 10% [by the year 2020].*



What is Promotion, Prevention and **Rehabilitation** in Mental Health?

- It is an intervention that aims to protect and promote the mental well-being of all citizens by identifying risk and protective factors.
- Mental health evolves throughout the life-cycle. Hence, there are interventions for each sub-group of the population e.g. for children and adolescents, for adults, for males and females and the elderly. (WHO)

Why bother about Promotion, Prevention and **Rehabilitation** in Mental Health?

- High quality evidence exists on the effectiveness of prevention and promotion in mental health. We can
 - reduce the risk of mental disorders
 - enhance protective factors for good mental and physical health
 - lead to lasting positive effects on a range of social and economic outcomes
 - be cost-effective
- There are evidence based interventions for prevention and promotion in mental health (WHO)

Risk Factors for Mental Illnesses

- Pregnancy complications
- Alcohol and drug use in pregnancy
- Traumatic birth resulting in brain injury in children
- Neuroinfections
- Psychological trauma: IPV, rape, torture etc...
- Injury and accidents
- Substance misuse
- Chronic infections: e.g. HIV
- Chronic diseases: diabetes, cancer etc...
- Poverty and social deprivation
- Displacement
- War, conflict

Programs in Ethiopia that Potentially Contribute to Prevention, Promotion and ? Rehabilitation in Mental Health

- Improved maternal and child health care
- HIV care
- NCD care
- Prevention of accidents and injuries- e.g. controlling drunk driving
- Improvement in emergency care
- Awareness creation on healthy life-styles, e.g. physical exercise
- Substance misuse prevention e.g. the new tobacco and alcohol control legislation
- Existence of robust PHC service e.g. The Health Extension Programme

Challenges in Implementation of Prevention and Promotion for Mental Health in Ethiopia

- Lack of integration of activities
- Inadequate intersectoral collaboration
- Inconsistent implementation of awareness campaigns
- Lack of enforcement mechanisms e.g. for alcohol and tobacco control
- Weak mental health service
- Low attention to MH prevention and promotion e.g. MH prevention and promotion is not an integral part of the HE workers service package

The Way Forward for Prevention , Promotion and **Rehabilitation** in Mental Health in Ethiopia

- Strengthen and scale-up existing initiatives for mental health and substance misuse
- Implementation of the national mental health strategy
- Sustained community awareness raising activities
- Youth focused interventions particularly focusing on substance misuse and suicide prevention
- Strengthen mental health service in the country
- Establish strong referral network
- Intersectoral collaboration
- Implement MH in HEW activities
- Economic empowerment, especially women
- Enforcement of legislation for alcohol, tobacco and drug control
- Suicide prevention

Priority Programs Suggested for Ethiopia for Prevention and Promotion in Mental Health

1. Programmes for addressing alcohol and drug misuse (major modifiable risk factor for mental illness)
2. Child, adolescent and youth mental health (school based, to start with)
3. Suicide prevention