

# Overcoming Barriers to Mental Health Service Reform

**Professor Harvey Whiteford**

Kratzmann Professor of Psychiatry and Population Health,  
University of Queensland, Australia

# 7 Challenges in mental health reform

---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- Can we measure outcomes?
- How do we deal with stigma?
- Can we build a service planning framework?

# Challenge #1 ...

---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- Can we measure outcomes?
- How do we deal with stigma?
- Can we build a service planning framework?

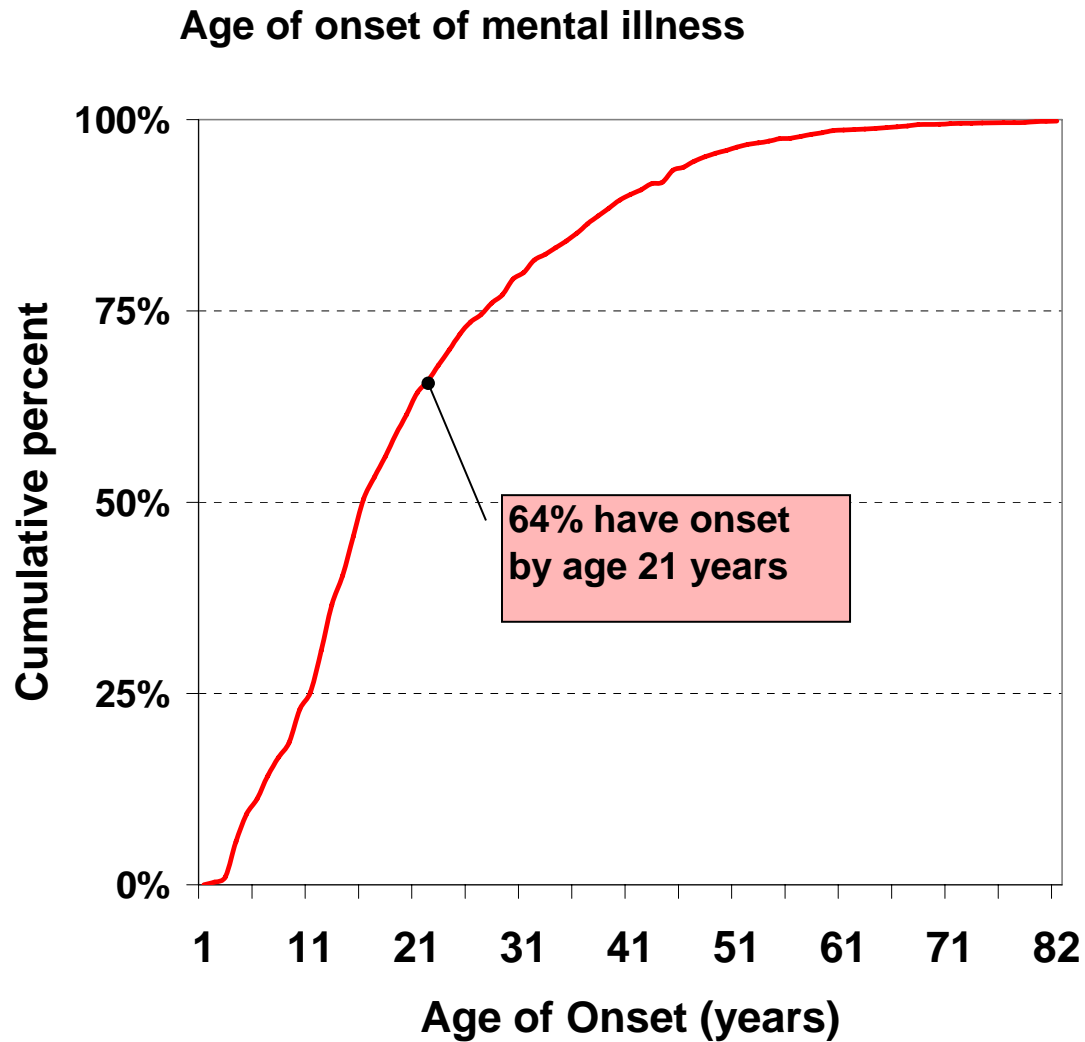
# Mental disorders are common worldwide

## Statistics from around the world

Country	% of population with any mental disorder in a year
China	17.5%
Columbia	17.8%
France	18.4%
New Zealand	20.7%
Lebanon	16.9%
USA	26.2%
South Africa	17%
Ukraine	20.5%
Australia	20%

- 450 million people worldwide have a mental or neurological disorder
  - 150 million with depression
  - 25 million with schizophrenia
  - 90 million with alcohol or drug use disorder
- 3% for severe mental disorders
- >15% for common mental disorders
- 1 million die from suicide each year

# Early onset of mental illness



## Challenge #2 ...

---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- Can we measure outcomes?
- How do we deal with stigma?
- Can we build a service planning framework?

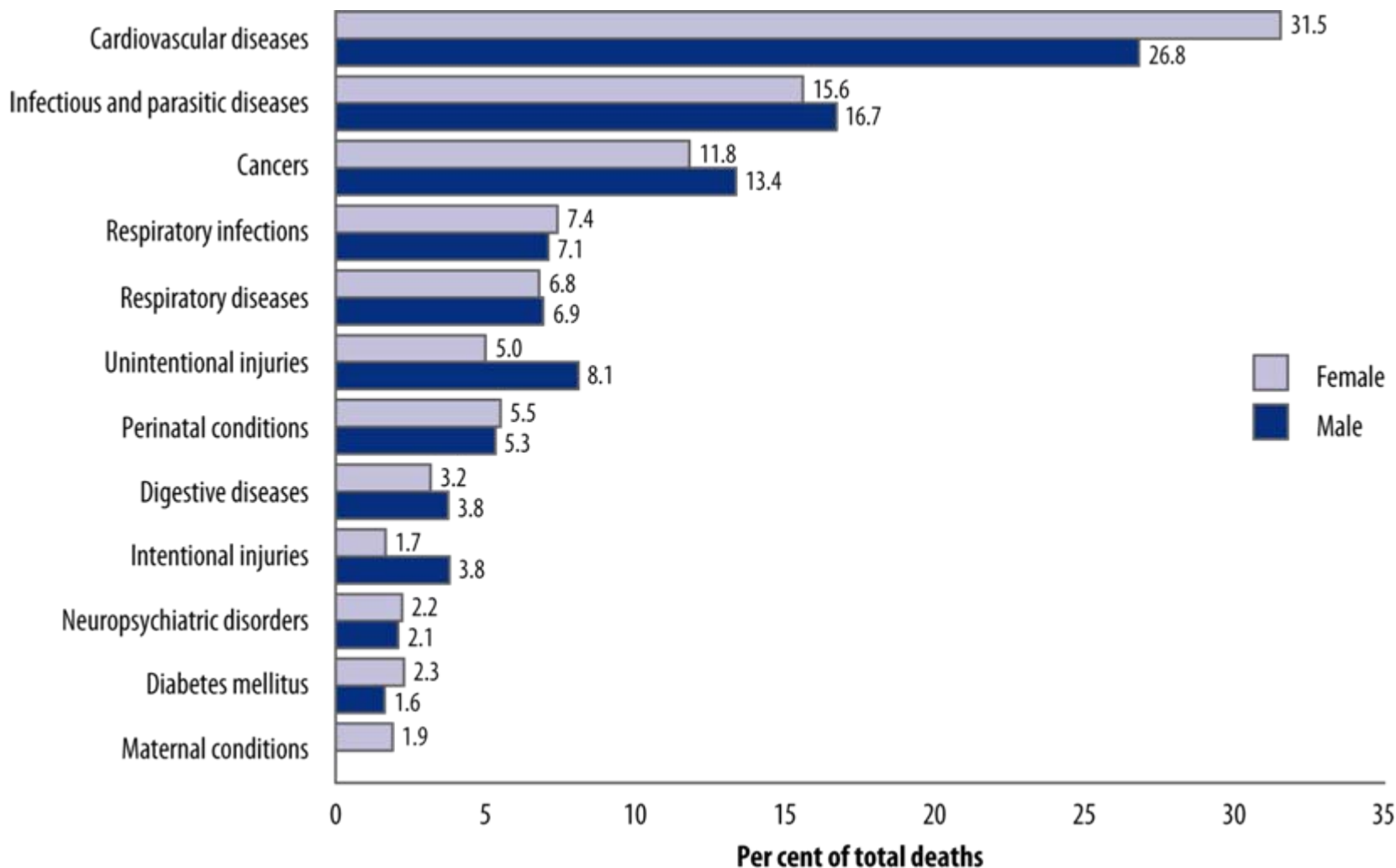
- Extends the concept of years of life lost to include loss of health caused by disease or injury
- One DALY = loss of one year of healthy life

$$\text{DALY} = \text{YLL} + \text{YLD}$$

Years lost due to death

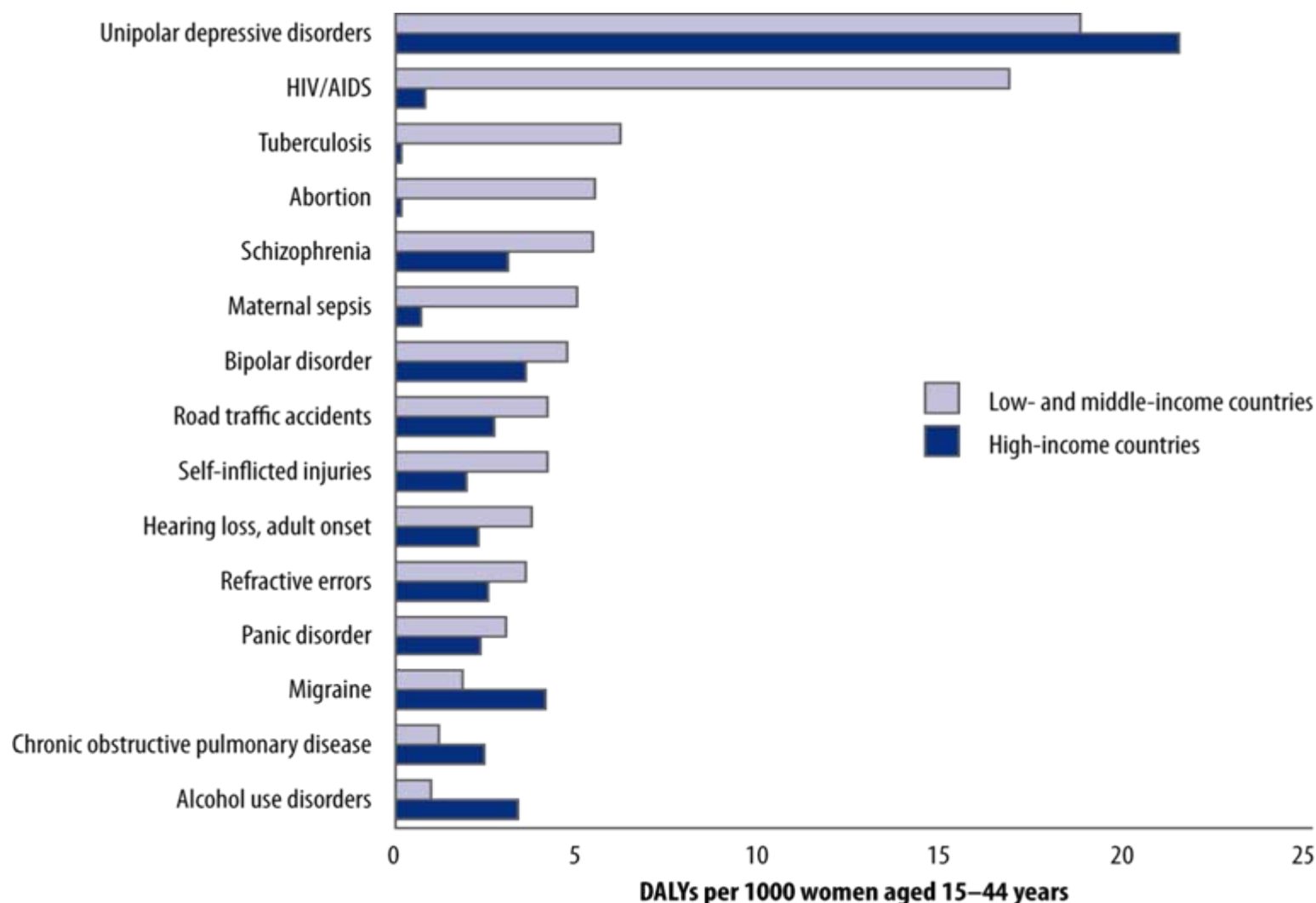
Years lived with disability

# Distribution of deaths by leading cause groups males and females, world, 2004

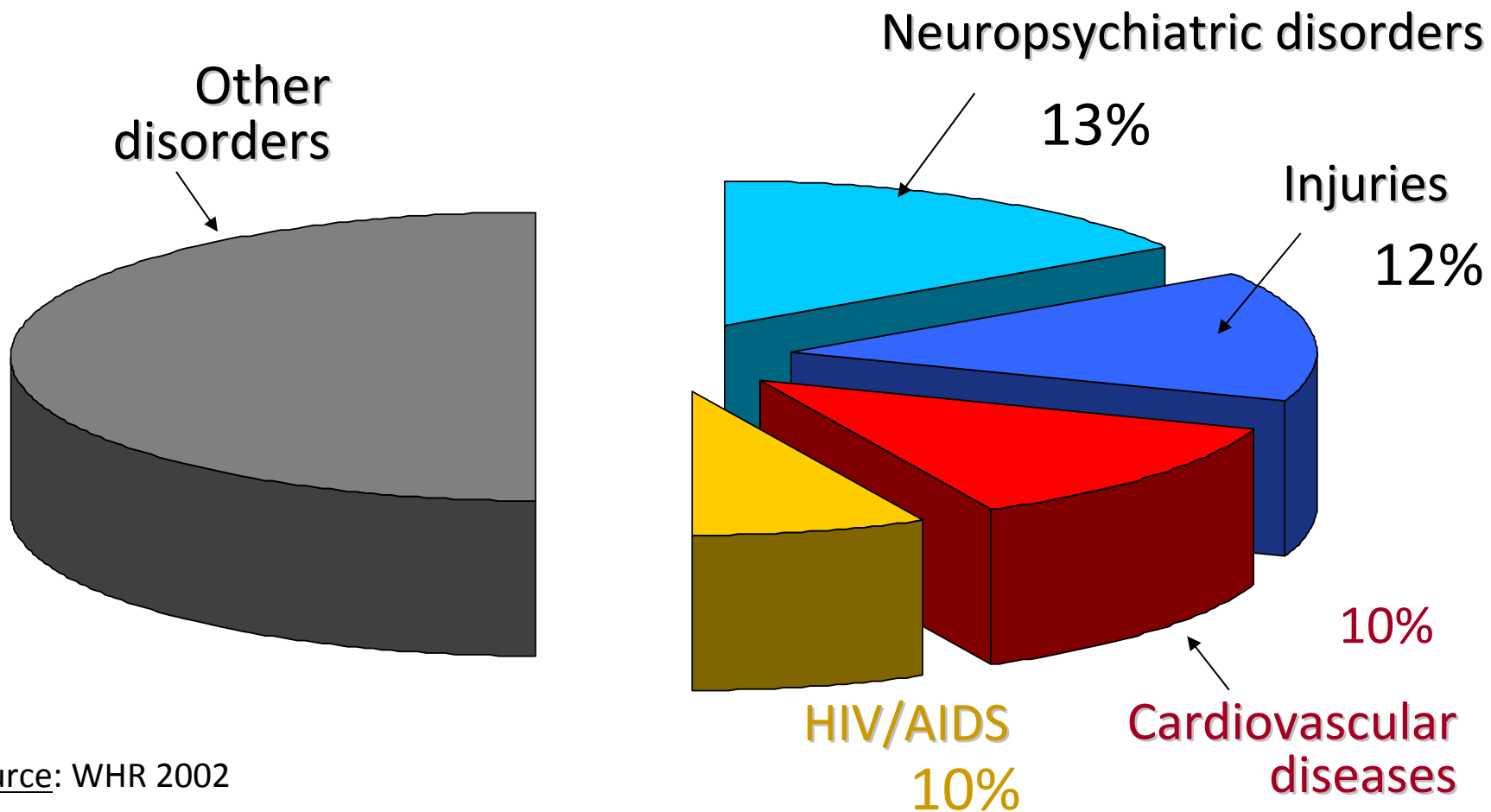




# Disease burden for women aged 15–44 years, high and low-and middle-income countries, 2004



# Worldwide disease burden (DALYs)



Source: WHR 2002

# Ten leading causes of burden of disease, world, 2004 and 2030

2004	As % of total DALYs	Rank		Rank	As % of total DALYs	2030
Disease or injury						Disease or injury
Lower respiratory infections	6.2	1		1	6.2	Unipolar depressive disorders
Diarrhoeal diseases	4.8	2		2	5.5	Ischaemic heart disease
Unipolar depressive disorders	4.3	3		3	4.9	Road traffic accidents
Ischaemic heart disease	4.1	4		4	4.3	Cerebrovascular disease
HIV/AIDS	3.8	5		5	3.8	COPD
Cerebrovascular disease	3.1	6		6	3.2	Lower respiratory infections
Prematurity and low birth weight	2.9	7		7	2.9	Hearing loss, adult onset
Birth asphyxia and birth trauma	2.7	8		8	2.7	Refractive errors
Road traffic accidents	2.7	9		9	2.5	HIV/AIDS
Neonatal infections and other <sup>a</sup>	2.7	10		10	2.3	Diabetes mellitus
COPD	2.0	13		11	1.9	Neonatal infections and other <sup>a</sup>
Refractive errors	1.8	14		12	1.9	Prematurity and low birth weight
Hearing loss, adult onset	1.8	15		15	1.9	Birth asphyxia and birth trauma
Diabetes mellitus	1.3	19		18	1.6	Diarrhoeal diseases

# Challenge #3 ...

---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- Can we measure outcomes?
- How do we deal with stigma?
- Can we build a service planning framework?

### Paying for increased treatment of common mental disorders

- arguments that are effective
  - » clinical (effective short term treatments exist)
  - » economic (there is a productivity return on this investment)
  - » equity (mental disorders treatment rates less than “equivalent” physical disorders)

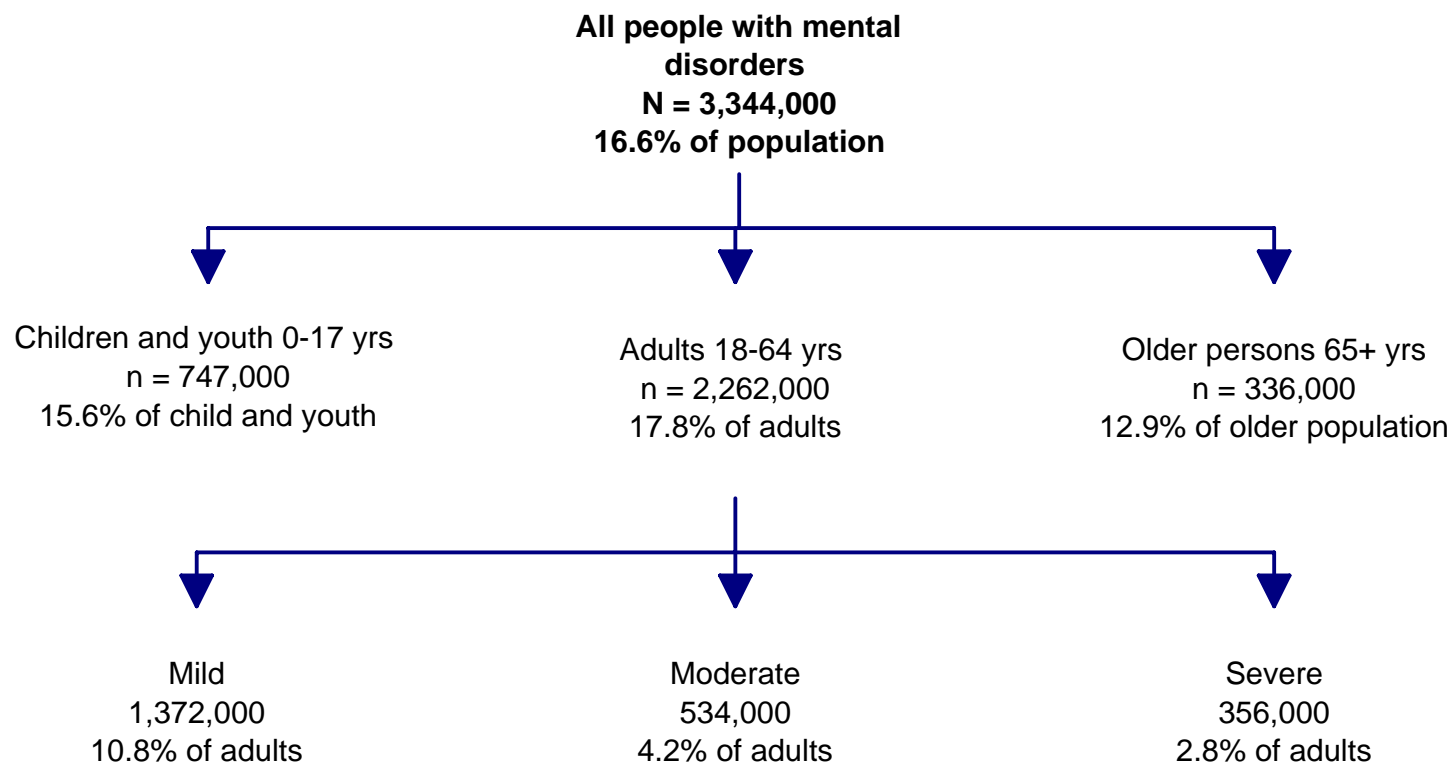
# Challenge #4 ...

---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- Can we measure outcomes?
- How do we deal with stigma?
- Can we build a service planning framework?

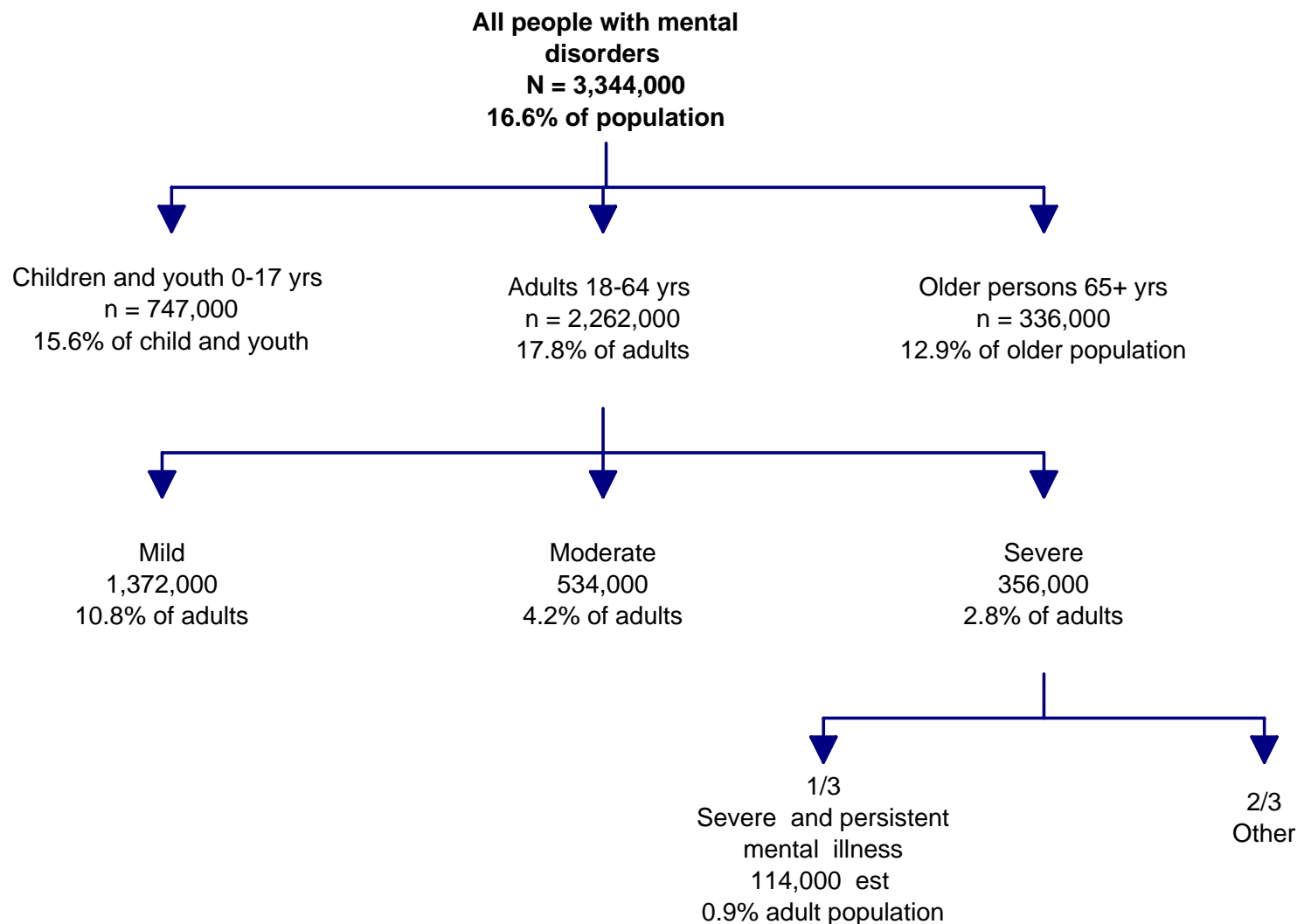
# Estimate the size of the groups

## *Step 1: Estimating the size of the adult population severe mental disorders*



# Estimate the size of each group

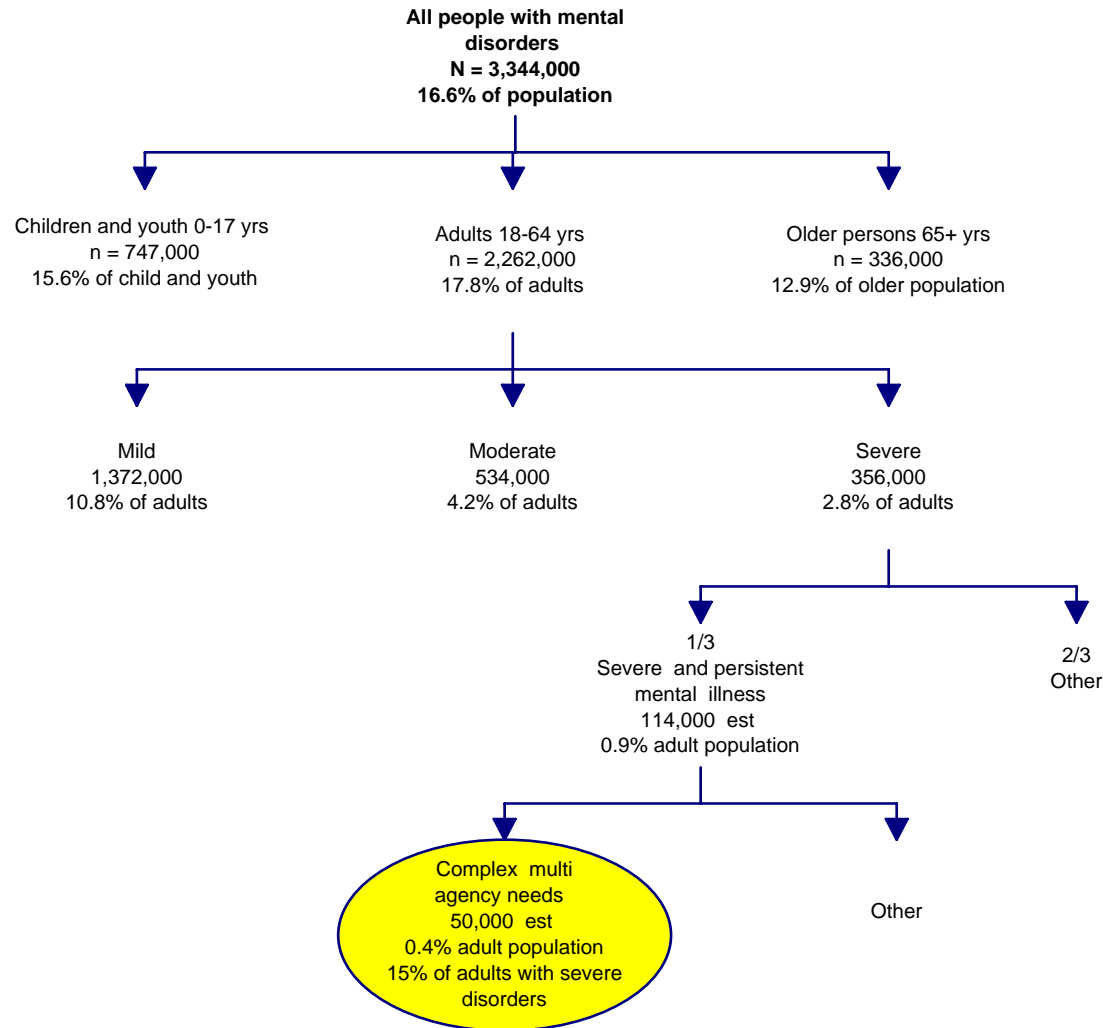
## Step 2: Estimating the subgroup with severe and persistent mental illness





# Estimate the size of each group

## Step 3: Estimating those who have complex and multiple service needs



# The Tripod of services needed for the severe, persistent and complex group ...

---

- Clinical treatment
- Disability support and rehabilitation
- Stable accommodation

If any leg of tripod fails – the individual's care can fail

# Challenge # 4 ...

---

Co-ordinating clinical, rehabilitation and accommodation services for those with severe, persistent and complex disorders

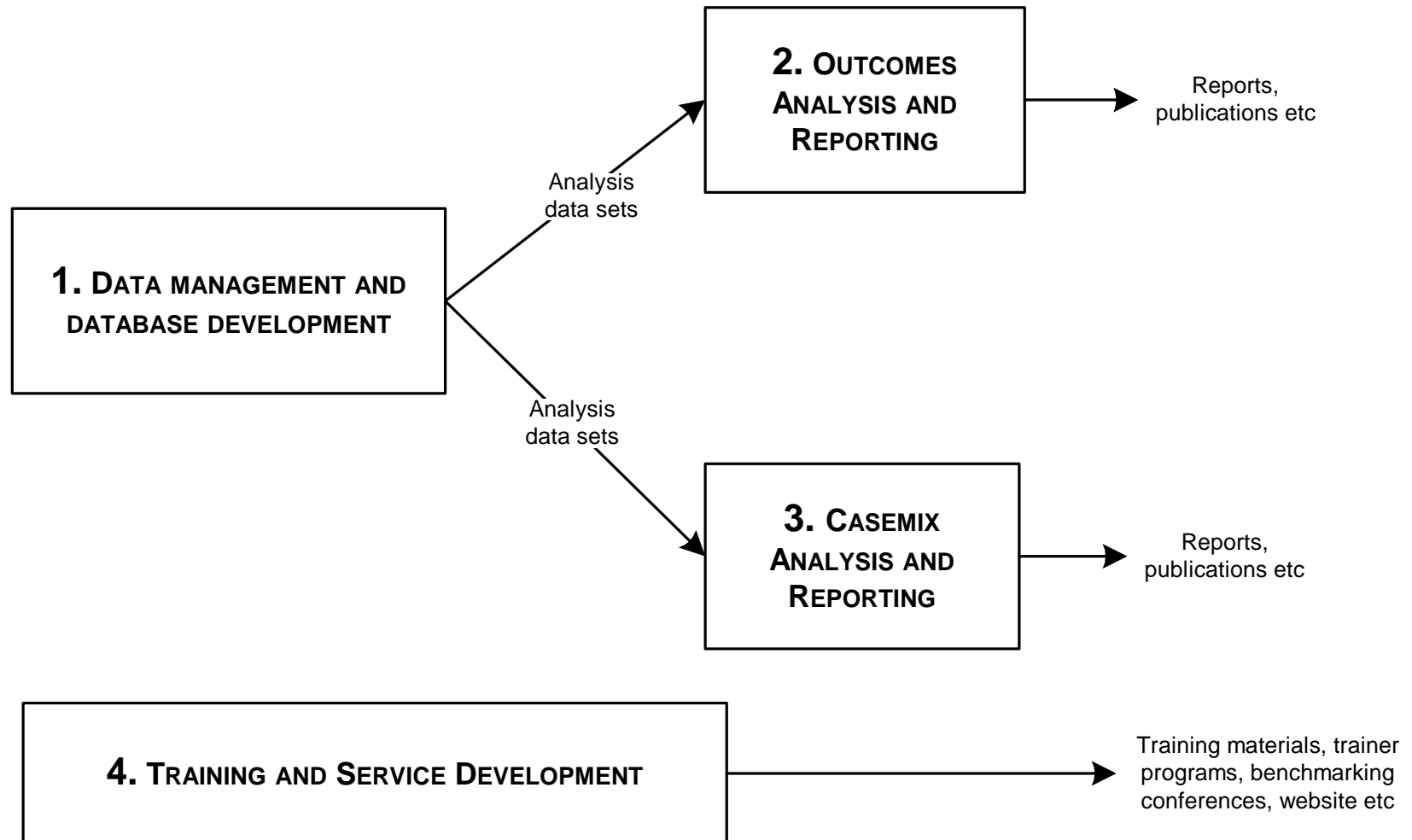
- arguments that are effective
  - » clinical (“revolving door” rehospitalisation)
  - » economic (there are potential savings in government income benefit outlays)
  - » equity (individuals end up homeless or in prison)

# Challenge #5 ...

---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- **Can we measure outcomes?**
- How do we deal with stigma?
- Can we build a service planning framework?

# Australian Mental Health Outcomes and Classification Network (<http://amhocn.org>)



# Challenge #6 ...

---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- Can we measure outcomes?
- How do we deal with stigma?
- Can we build a service planning framework?

# Community education needed

Bed crisis  
for mentally  
ill grows

Waiting patients shackled for days

**Mental  
patients  
cast on  
streets**

Our fraud on  
the mentally ill

Senate votes  
for mental  
health inquiry

**Impoverished system  
fails mental patients**

Fix the  
mental health  
crisis

It's time governments began giving  
proper attention and funding to the  
mental health system.

- Too hard to get a bed in hospital in a crisis
- Too little care in the community
- Increase in drug abuse causing more mental illness
- Stigma and discrimination persists

States turn 'blind  
eye' to mentally ill

**PM urged to fix  
mental health**

**The forgotten ones**

Mental health is in crisis and sending the sick on to the streets, **Vanessa Walker** reports

**Mental health  
system now  
seriously ill**

Mental care crisis  
**HEALTH  
CHIEF  
RAISES  
ALARM**

**Mentally ill  
missing out  
on help,  
says AMA**

**Treatment  
of mentally  
ill as bad as  
ever: expert**



**Reforms a failure, say psychiatrists**

# Challenge #6 ...

---

Increasing mental health literacy to decrease stigma and promote early intervention

- the arguments that are effective
  - » barrier to seeking treatment is on the demand side (data was available from national epidemiological study)
  - » clinical (early intervention is better)
  - » economic (early intervention reduces “downstream” costs)



# Challenge #7 ...

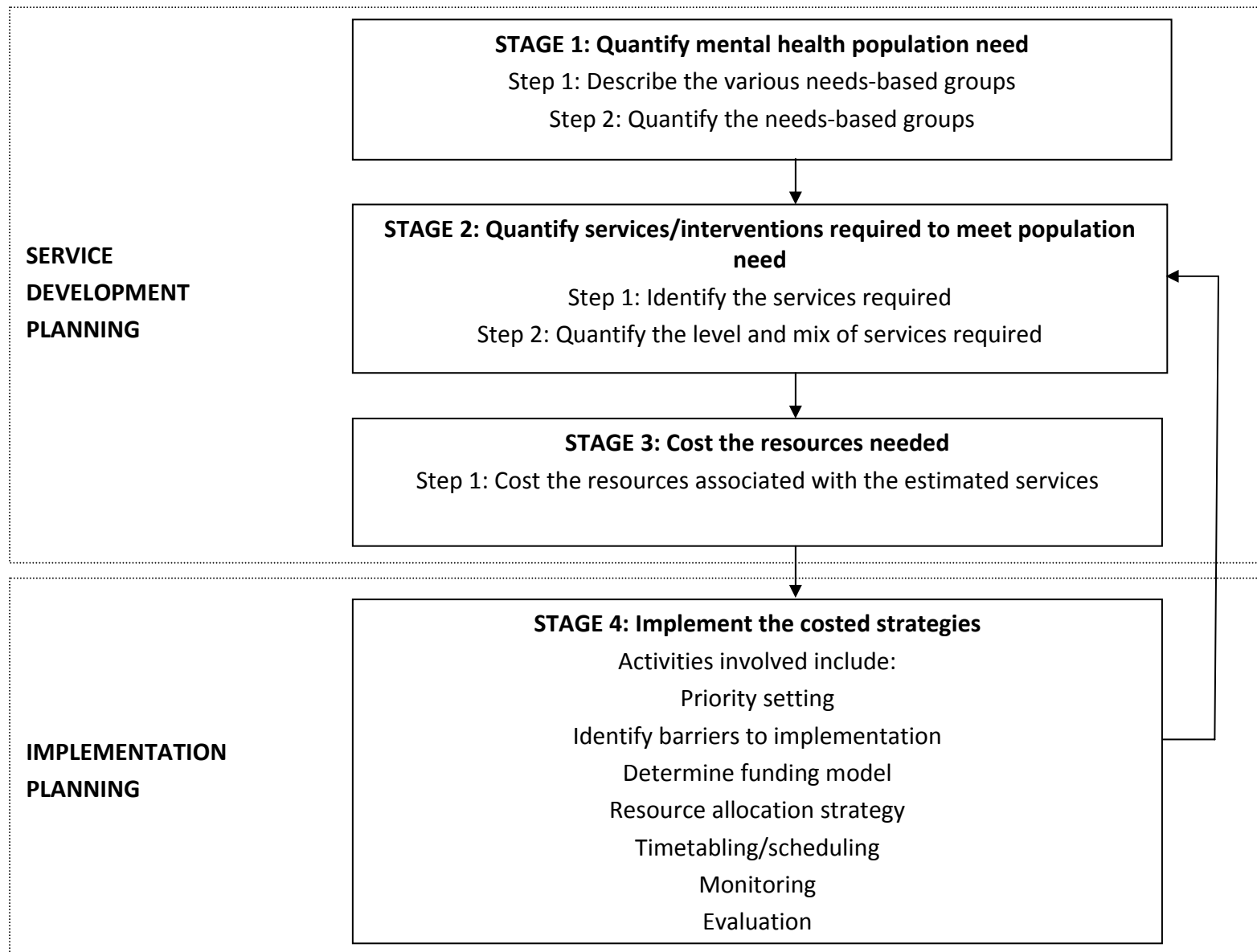
---

- How many people have mental disorders?
- How disabling are these disorders?
- How can we pay for treatment of common mental disorders?
- How can we coordinate services for severe mental disorders?
- Can we measure outcomes?
- How do we deal with stigma?
- Can we build a service planning framework?

A distinction between two broad elements of planning:

- **Service development planning** refers to the activities involved in modelling service requirements for an ideal scenario, i.e., where total need is identified and met.
- **Implementation planning** refers to the activities undertaken to put a service development plan on the ground in a regional or local context.

# Elements of a Planning Model



# Australia's National Performance Indicators

