# INTEGRATING THE RESPONSE TO MENTAL DISORDERS AND OTHER CHRONIC DISEASES IN HEALTH CARE SYSTEMS

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## INTEGRATING THE RESPONSE TO MENTAL

**DISORDERS AND OTHER CHRONIC DISEASES** 

IN HEALTH CARE SYSTEMS

This publication is part of a broader series of thematic papers, co-produced by the World Health Organization and the Calouste Gulbenkian Foundation's Global Mental Health Platform. The series consists of four publications and covers the following topics.

- Innovation in deinstitutionalization: a WHO expert survey;
- Integrating the response to mental disorders and other chronic diseases in health care systems;
- Social determinants of mental health;
- Promoting Rights and Community Living of Children with Psychosocial Disabilities (forthcoming).

### INTEGRATING THE RESPONSE TO MENTAL

## **DISORDERS AND OTHER CHRONIC DISEASES**

### IN HEALTH CARE SYSTEMS

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### FOREWORD

The Gulbenkian Mental Health Platform and the World Health Organization have collaborated to generate a series of thematic papers on pressing mental health issues of our time. Topics were identified by the Platform's advisory and steering committees, and prioritized based on the issue's potential significance in making a substantial improvement in the global mental health situation. It is perhaps not surprising, therefore, that the topics of the thematic papers are highly consistent with the four key objectives of WHO's Mental Health Action Plan 2013-2020.

Thematic papers in this series address the following important topics: population-based strategies that can be implemented through health and non-health sectors to promote mental health and prevent mental disorders; health-system based strategies to organize and deliver integrated care for mental disorders and other chronic health conditions; and innovative methodologies for shifting from institutional to community-based mental health care. Draft versions of each paper were reviewed by a distinguished group of mental health experts at an International Forum on Innovation in Mental Health, held in October 2013, after which the papers were further revised. An additional thematic paper is currently in production, and will cover strategies to stop human rights violations of children with mental disorders.

The topic of this thematic paper, *Integrating the response to mental disorders and other chronic diseases in health care systems*, was selected because of the fundamental connections between mental disorders and other chronic health conditions, and the implications for mental health care that is integrated with general health care. The paper reviews evidence that demonstrates commonalities among mental disorders and other chronic diseases in terms of their duration and course, as well as many of their underlying causes and consequences. It also describes how these conditions frequently co-occur, leading to synergistic levels of disability and complex health-care management. Finally, the paper reviews models and programmes that have been proposed and/or tested for integrating the response of mental disorders with other chronic diseases.

Integration confers important benefits to both patients and health systems. It improves accessibility, reduces fragmentation, and better meets people's needs and expectations. Yet integration entails not simply 'scaling up', but rather transforming the way that health care is delivered. Changes are needed from micro-level patient interactions to macro-level policy and financing for integration to take hold and flourish.

We trust that you will find this paper both thought provoking and useful, and we encourage you to read the accompanying thematic papers from this series, too.

Shekhar Saxena	Benedetto Saraceno
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World Health Organization	Calouste Gulbenkian Foundation

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Dan Chisholm and JoAnne Epping-Jordan (Seattle, USA) co-wrote this paper.

JoAnne Epping-Jordan (Seattle, USA) served as editorial manager of the overall series of thematic papers.

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