

Destigmatisation and quality of care

Dr Matt Muijen, M.D., PhD.
Regional Advisor
Mental Health Programme
WHO Regional Office for Europe

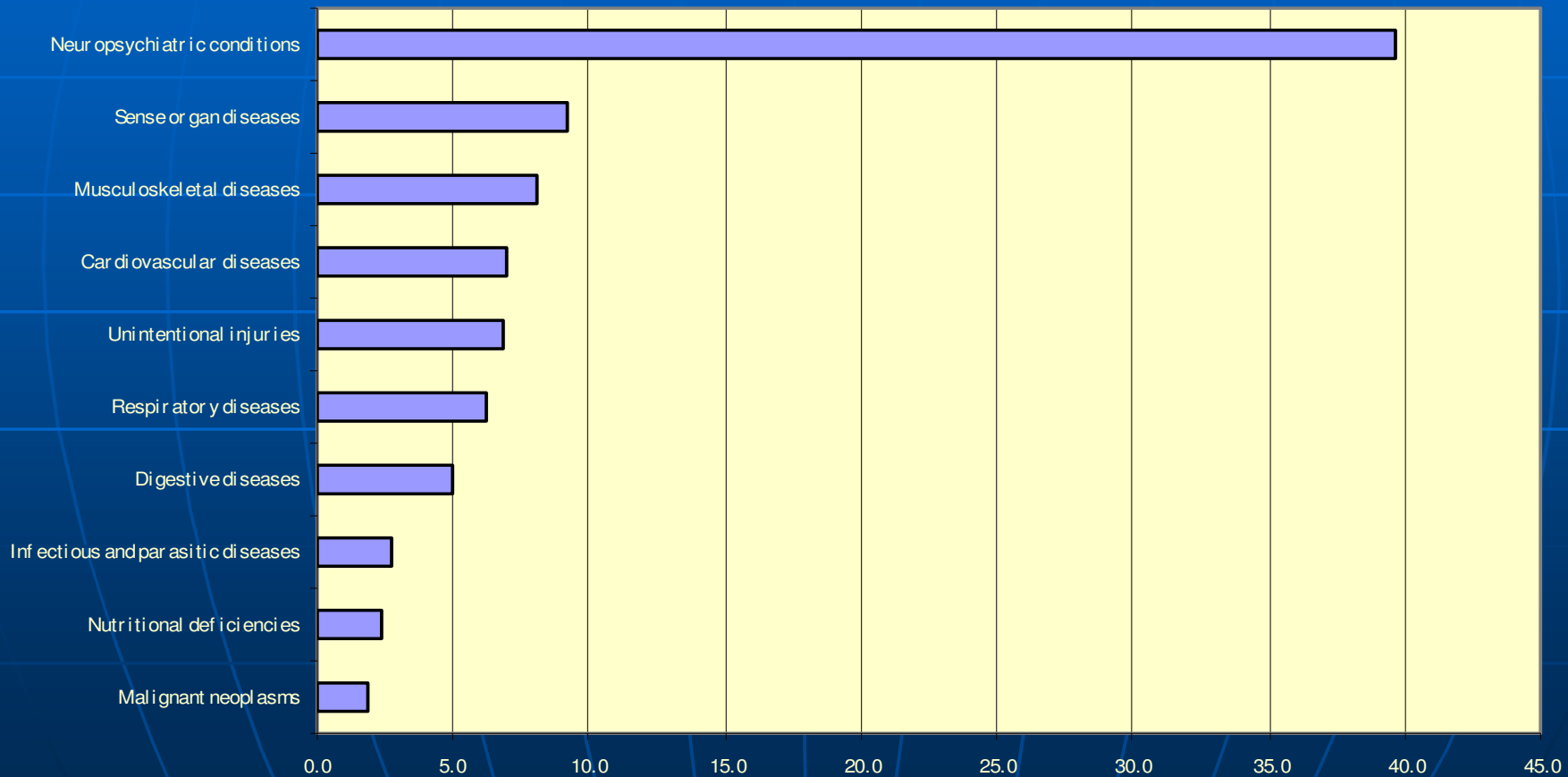


Experiences of discrimination

- 44% reported discrimination from GPs
- 32% reported discrimination from other health services
- 47% reported discrimination in workplace
- 37% reported discrimination in finding employment
- 56% reported discrimination within the family
- 51% reported discrimination from friends 40% reported discrimination within personal relationships

Source: “Pull yourself together! A survey of the stigma and discrimination faced by people who experience mental distress”, Mental Health Foundation, 2000

Neuropsychiatric disorders -the greatest cause of years lived with disability (YLD) in Europe



The treatment gap Western Europe



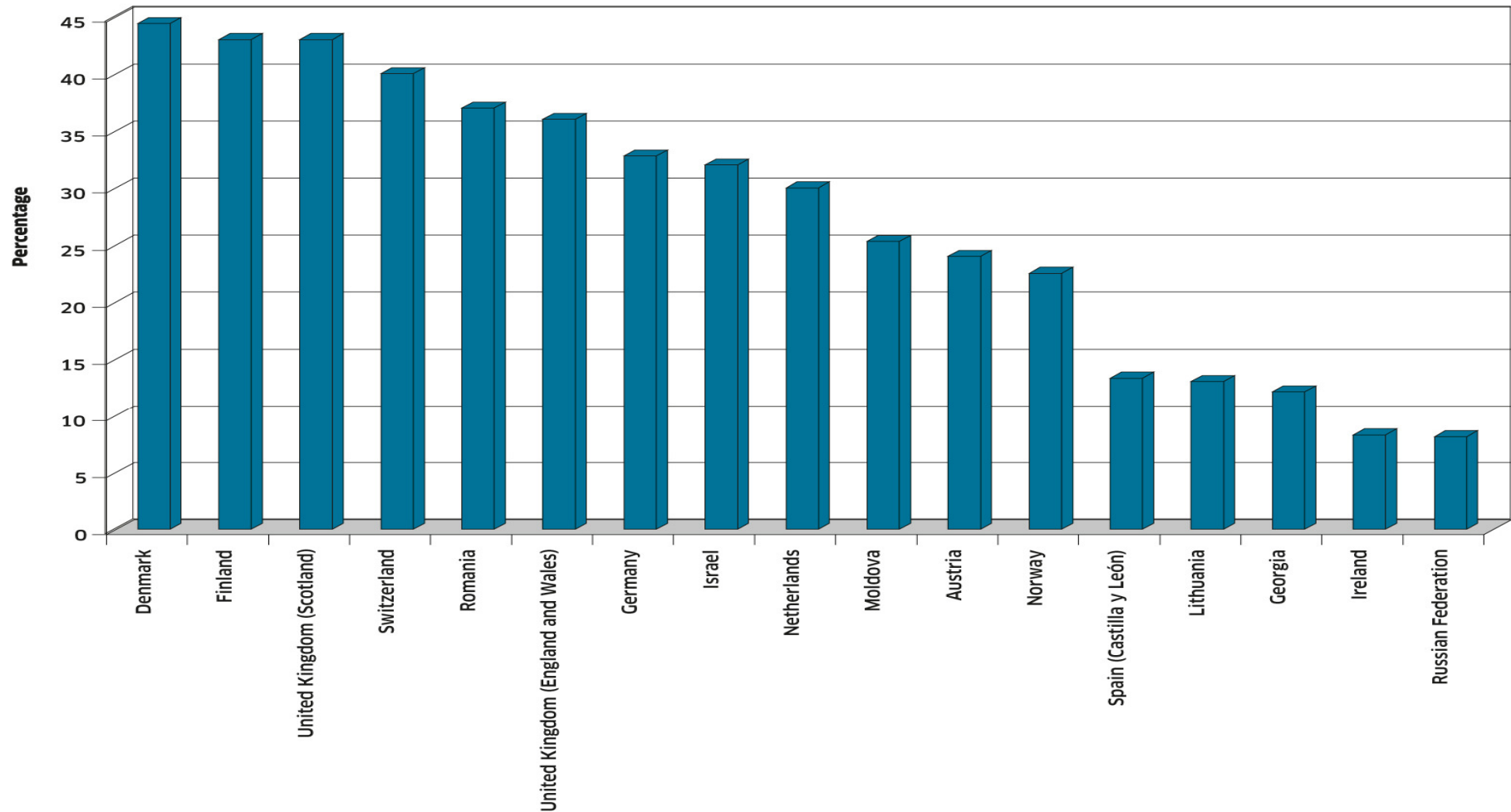
- Psychosis: 17.8%
- Bipolar disorder: 39.9%
- Major depression: 45.4%
- Panic disorder: 47.2%
- Anxiety disorder: 62.3%
- Alcohol dependence: 92.4%



Source: Kohn 2004



% people on social welfare benefits for disability due to mental health problems





Service consequences of stigma

- Prevalence and access
- Conditions
- Treatments
- Safety
- Staff numbers and quality
- Reimbursements (DRGs)
- Salaries
- Investment
- Commitment



Political commitments to tackling discrimination at the level of health systems

- “Declaration on the Rights of Disabled Persons” 1975
- WPA Statement and Viewpoints on the Rights and Legal Safeguards of the Mentally Ill (adopted by the WPA General Assembly in Athens, 17th October, 1989)
- UN “Principles for the protection of persons with mental illness and the improvement of mental health care”, 1991
- “UN Standard Rules on the Equalizations of Opportunities for Persons with Disabilities”, 1993
- WPA Madrid Declaration (1996) (as approved by the General Assembly on the 25th August 1996 and amended by the General Assembly in Cairo, September 2005)
- World Health Report 2001



Political commitments to tackling discrimination at the level of health systems

- “Athens Declaration on Mental Health and Man-made Disasters, Stigma and Community Care”, 2001
- Dubrovnic Pledge:” Meeting the health needs of Vulnerable Populations in South East Europe”, 2001
- Council of Europe Recommendation (2004)10 “concerning the protection of the human rights and dignity of persons with mental disorder”
- European Union Disability Action Plan
- WHO Mental Health Declaration and Action Plan for Europe, 2005
- UN Convention on the Rights of Persons with Disabilities 2008



Dealing with stigma

- Differentiate
- Improve awareness
- Push economic agenda
- Develop good services
- Show effectiveness and efficiency
- Balance integration and specialisation