



Mental Health Integration Index

Factsheet

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Mental Health Integration Index

Background

Mental health issues affect one in four people at some time in their life, and mental illness accounts for almost 20% of the burden of disease in Europe.¹ While broad consensus already exists among care givers, policy makers and patient organisations that integration of people with mental illness into society is beneficial, effective implementation of policies and schemes to help achieve this is low.

About the research

Commissioned by Janssen, the Economist Intelligence Unit (EIU) undertook a benchmarking study across a broad range of indicators to assess the degree of commitment in 30 European countries (the European Union's 28 Member States, Switzerland and Norway) to integrate people with mental illness into their communities. The aim of the research is to map and measure the current state efforts to integrate those with mental illness, to show how and where outcomes are being delivered, and also where improvements need to be made. It also seeks to encourage closer collaboration amongst all stakeholders involved in delivering mental health care and drive significant improvements across the whole system.

The research was carried out during the first eight months of 2014 and is the first time such research has been undertaken. The EIU collected country data and where possible, information was taken from official sources such as national and regional health ministries, the WHO and the OECD. An independent panel of multi-disciplinary experts on mental health worked with the EIU to set out 18 key measures of integration and are supporting the development and validation of the research. The indicators for integration are grouped into four categories:

- Environment for those with mental illness in leading a full life
- Access for people with mental illness to medical help and services
- Opportunities, specifically job-related, available to those with mental illness, and
- Governance of the system, including human rights issues and efforts to combat stigma

The EIU also carried out extensive desk research and conducted a programme of in-depth interviews with more than 40 experts from across the region, representing patient and carer advocacy groups, healthcare professionals, academics and national health officials.

Research outcomes

The research culminated in the Mental Health Integration Index that ranked 30 European countries according to their policy commitments and support initiatives provided to people with mental illness.

The Index has been published alongside a White Paper that focuses on the results of the Index and shows the shortfall in Europe in putting aspirational policies into practice as well as highlighting good practice. Both the Index and White Paper were launched by the EIU in October.

Findings

The key findings of the research, as outlined in the White Paper, are as follows:

1. Mental illness exacts a substantial human and economic toll on Europe, and has a substantial treatment gap.
2. Germany's strong healthcare system and generous social provision put it at the top of the index. The UK and Scandinavian states are not far behind.
3. The leading countries are not the only sources of best practice in integrating those with mental illness.
4. Employment is the field of greatest concern for those with mental illness, but also the area with the most inconsistent policies across Europe.
5. Real investment separates those addressing the issue from those setting only aspirational policies.
6. Europe is only in the early stages of the journey from institution- to community-based care.
7. Lack of data makes greater understanding of this field difficult.

Recommendations

The White Paper highlights five areas on which many European countries need to focus in order to improve the integration of people living with mental illness into society:

- Obtaining better data in all areas of medical and service provision and outcomes
- Backing up mental health policies with appropriate funding
- Finishing the now decades-old task of deinstitutionalisation (the transition from hospital-based care to community-centred support)
- Focusing on the hard task of providing integrated, community-based services
- Including integrated employment services provision

In addition, a series of individual country profiles featuring national, best practice examples of innovative care and successful implementation of policies, as well as areas for improvement will be available later in the year. The following countries are profiled: Belgium, France, Germany, Greece, Hungary, Italy, Netherlands, Poland, Spain, UK, Ireland and Romania.

Further information on the Index and White Paper can be found here:
www.mentalhealthintegration.com

Useful links

Mental Health Integration Index and White Paper

www.mentalhealthintegration.com

Janssen EMEA

<http://www.janssen-emea.com/>

References

¹ World Health Organization: Regional Office for Europe. Mental Health. Available at:
<http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health> Accessed:
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