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Institution Name Institute of Mental Health

Name of the relevant department, unit, section or area of the institution

Institute of Mental Health

City Belgrade

Country SERBIA

Reference SRB-9

Title WHO Collaborating Centre for mental health workforce development

Report Year 09/2009 to 09/2010

1. Implementation of the work plan. For each main activity briefly explain how the activity was implemented, the outcome and impact and, if available, the results of the evaluation (e.g. evaluation of a course by the participants). Also explain difficulties (if any). Do not provide technical results in this form (technical results, if applicable, are to be sent directly to the WHO Department you work with).

Activity 1 Training of multidisciplinary staff working in community mental health services and evaluation of services

Explanation

Activity 2 Continuous training in mental health issues of primary health care workers

Explanation

During the last 9 years, starting from 2001 till now, five educational courses for general practitioners were organized by Institute of Mental Health Belgrade, Institute of Public Health of Canton Sarajevo, and supported by the Committee for Human Rights, Norwegian Medical Association. Each of the courses was organized in a same way and consisted Planning meeting (during which participants of the Planning meeting agreed on objectives, framework and content of the training and objectives of the GPs exchange visits), Education and Pre/Post-evaluation Meeting. All of three parties from Norway, Sarajevo and Belgrade participated in the Meeting organization. It was agreed that the training process should contribute to: 1. Knowledge improvement through better understanding of theoretical concepts including diagnosis, treatment, follows up a referral; 2. Skills development through more efficiency in management of cases and improvement of communication skills; 3. Attitudes changing through better understanding of holistic approach to mental health. Each of the educational courses lasted 4 days (during the same month) and it was organized in a same way in Belgrade and in Sarajevo. Lecturers were prominent experts in mental health, including the chair of the National committee for mental health, professors and assistant professors from Medical School and Department for Psychology, University of Belgrade and one general practitioner. Balint groups (organized at the end of each educational course) were organized and led by trained psychiatrists from the Institute of Mental Health. All participants received the printed material with all the lectures included. Participants and lecturers received Certificate of attendance at the end of the course. Pre-evaluation and post-evaluation questionnaires were applied for all participants.

Beside this, the IMH has translated and disseminated the following WHO publications (as authorized translator and publisher):

1. The ICD-10 Classification of Mental and Behavioural Disorders - Clinical Description and Diagnostic Guidelines, 1992
2. The ICD-10 Classification of Mental and Behavioural Disorders - Diagnostic Criteria for Research, 1993
3. Refugee Mental Health Assistance - Draft Manual for Field Testing, 1993
4. Psychosocial Consequences of Disaster - Prevention and Management, 1993
5. Diagnostic and Management Guidelines for Mental Disorders in Primary Care: ICD-10 Ch. V, Primary Care, 1996
6. World Health Report 2001, Mental Health: New Understanding, New Hope, 2003 /disseminated and promoted during 2003/2004 at workshops in 16 regional health centres in Serbia; more than one thousand mental health and other related professionals, policy makers and users participated in those workshops/.
7. Prevention of Suicide (six booklets), 2005

The topics of educational programmes during the last 9 years were:

EDUCATION ON PSYCHIATRIC PROBLEMS IN GENERAL PRACTICE - PART I (2001) - Seminar on Health Care Systems in Transition and Ethical and Human Rights Issues

Topics: The present situation for the primary health care sector; Priorities and dilemmas in organizing health care systems; Human rights and medical ethics issues to be considered in countries undergoing a transition; Post graduate and continuing education; The role of the medical associations;

EDUCATION ON PSYCHIATRIC PROBLEMS IN GENERAL PRACTICE – PART II (2003)

Topics: Stress (burn out); Substance abuse; Violence; Patient rights;

EDUCATION OF GENERAL PRACTITIONERS ON TREATING PATIENTS WITH MENTAL HEALTH PROBLEMS – PART III (2005)

Topics: Stress; Psychosomatic disorders in general practice; Prevention of mental health disorders; Mental health promotion;

EDUCATION OF GENERAL PRACTITIONERS ON TREATING PATIENTS WITH MENTAL HEALTH PROBLEMS – PART IV (2007)

Topics: Violence and aggression in adolescents; Gender mental health; Mental health in elderly; Psychotic disorders in general practice;

TRAINING OF GENERAL PRACTITIONERS ON THE TREATMENT OF PATIENTS WITH MENTAL HEALTH PROBLEMS - PART V (2009)

Topics: Physical illnesses in people with mental disorders; Somatoform disorders; Personality disorders; Sexual and gender identity disorders; Mental health care and quality of life;

The fifth course of the Education of general practitioners on treating patients with mental health problems was organized at Belgrade Institute of Mental Health during 2010, thanks to kind support of the Committee for Human Rights, Norwegian Medical Association and the Norwegian Ministry of Foreign Affairs. The course is part of the National strategy for development of mental health care of the Republic of Serbia. The same programme has been applied both in Belgrade and Sarajevo, and had four modules and five topics concerning the certain mental disorder:

- Physical illness and in people with mental disorders
- Somatoform disorders
- Personality disorders
- Sexual and gender identity disorders
- Mental health care and quality of life

The course was accredited by the Health Council of the Republic of Serbia. During the course two exchange visits were organized between general practitioners from Sarajevo and Belgrade (as well as in fourth course). The visits were important and satisfying both on professional and personal levels. The overall goal of the project was to improve the knowledge of general practitioners concerning the mental disorders as well as to enhance their competencies working with patients with mental disorders or problems.

Pre-evaluation and post-evaluation results confirmed that organization of the training was excellent along with the lecturers. The needs of GP were recognized and they found answers on the most frequent questions concerning selected topics. Most of them would like this education to continue in the future, finding that it enables them to learn more and improve self confidence to treat patients with mental health problems. The active, participatory involvement of the GPs was an equally valuable feature of the Training.

Activity 3 Education of families with mentally ill members.

Explanation

The program "Systemic approach with families with mentally ill member in the system of social care", accredited by the Ministry of work and social politics, was implemented during 2009/2010 in the form of lectures and workshops. The aim of the program was strengthening the capacity of professionals, who are employed at Day centre for children with disability in Paracin and at the Social services centre in the municipality of Paracin, to work with families with a mentally ill member.

Competencies developed by the program are: knowledge and skills for implementing emergency interventions in crisis in relation to the individual, family and community; knowledge and skills needed for working with families with mentally ill member - support and interventions with an aim of keeping the functional integrity of the families; skills in recognizing families with mentally ill member that are often marginalized in social environment; focusing on enhancement of available mechanisms for reducing vulnerability and social isolation of these families.

The results of the evaluation indicated that the training was successfully implemented. The participants assessed that the training program was useful as well as that it was presented clearly and comprehensibly. Most of the participants (70%) recognized the topics concerning the specificities of families with mentally ill member, as well as violence in families, as the most useful for future work. More than half of the participants stressed that they gained useful knowledge, skills and interventions significant for the approach, assessment and understanding of the problems of persons with mental illness and their family members.

Difficulties recognized during and after the course were the following:

- The mutual interdependence between mental health and family functionality is often not recognized, nor sufficiently understood.
- The importance of mental health for achievement of general health, social and educational goals is often not recognized
- Lack of further funding to continue support.

Recommendations for the future:

- The development of further cooperation with professionals from the social care system which is necessary and highly significant for the approach towards individuals with mental illness and their families.
- Further expansion of this cooperation and of this program which would allow development of regional networking in giving efficient and comprehensive help to persons with mental illness and their families. Inclusion of health workers from primary health care in the implementation of the program.

Activity 4 Education of general practitioners in primary health care settings for identification and diagnosis of alcoholism.

Explanation

This program is based on two big projects:

- a. National program for alcoholism and drug abuse prevention
- b. Education of general practitioners in primary health care settings for identification and diagnosis of alcoholism.

Project "National program for alcoholism and drug abuse prevention" continuously lasts from 2008 onward, under auspices of the Ministry of Health of the Republic of Serbia. One of the subprojects within this project: "Good practice guidelines for treatment of alcoholism" represents a pioneer effort in our country and one among rare clearly structured guidelines on alcoholism in this part of Europe, aiming for physicians in primary health care. Within the same project, experts from the IMH have produced "Diagnostic-therapeutic manual for alcoholism", for all professionals involved in alcoholism treatment. "Manual" is published in 2009, by the IMH. Within the second subproject "Education of physicians in primary health care in early diagnose and alcoholism treatment" there were several seminars organized in different municipalities in Serbia during 2009/2010.

The project "Education of general practitioners in primary health care settings for identification and diagnosis of alcoholism" is a joint project of the IMH and Institute for Public Health of Serbia. The Project is supported by International Association of Public Health Institutes (IANPHI), Finland. The project should last 3 years (2008-2011). The sample was composed out of 400 physicians from all municipalities in the Republic of Serbia and is developed in 3 phases.

During 2010, the educational part of the program started, conducted by experts from the IMH. Out of 20 planned, so far 9 workshops were conducted, according to foreseen dynamics. It consists of working with small groups in a form of interactive approach. Attendance is excellent (around 90%), and the first feedback information, according to evaluation forms, is more than satisfying. According to plan, this phase was over in October this year.

Education program included the creation of the Manual entitled "Diagnostic-therapeutic guidelines for alcoholism".

Activity 5 Training in child and adolescent mental health care.

Explanation

Two different projects were realized among this one:

- a. Training of prevention of violence among children and youth

The early recognition of mental health problems in childhood and youth is of the utmost importance for prevention of mental disorders in adulthood. Relying on numerous studies and existing experiences, under the auspices of Serbian Ministry of Health and World Health Organization, the IMH created an educational program focused on strengthening of such competencies for professionals in the local community. The program was designed for medical professionals and their co-workers from other domains as important partners in prevention of youth violence. The program was realized during November and December 2009. The program covered the following topics:

- Understanding aggressiveness and violence of children and youth in the biopsychosocial context
- Modes of youth violence expression
- Risk and protective factors
- Diagnosis, prevention and treatment of youth violence
- Preventive interventions in local community services.

The overall goal of the education was to improve the knowledge of medical professionals and their co-workers from other domains concerning the issue of prevention of children's and youth's violence. The program promoted important aspects of prevention efficiency such as early start and continuity of preventive activities, as well as inclusion of various professionals, along with participation of children, youth and parents.

Program evaluation indicated participants' satisfaction by the provided theoretical and practical contents, as well as by the form of education. Over 75% of the participants reported feeling more competent in work with the problems of youth, after the program. Education program on youth violence prevention included the creation of the Manual entitled "Prevention of Violence among Children and Adolescents".

Recommendations for the future:

- To continue and develop closer cooperation of tertiary and primary health care professionals
- Better connection of health care professionals with local communities in addressing problems of childrens and youth violence.

- b. Training program on prevention of suicide and suicidal behaviour of the youth

The training program Prevention of suicide and suicidal behaviour of the youth has been successfully implemented during the period October-December 2009. This program has been part of a project named „Prevention of suicide and violence of the youth“ which has been carried out under the auspices of the Ministry of Health of the Republic of Serbia and the World Health Organization. Health Council of Serbia accredited this program as a course which consisted of several parts.

The course was in a form of a one day workshop, carried out in three GP practices in Belgrade and in two Medical centres in central Serbia.

The overall goal of the education was to improve the knowledge of experts from primary and secondary health care services, as well as the experts that work with youth from other relevant sectors, concerning the issue of suicidal behaviour of the youth.

The first part of the program consisted of lectures that covered seven theoretical modules from the most recent literature on suicidology of the youth. The second part of the program was work in a small group – two interactive workshops that discussed depression of the youth and personal experiences of working with young people who committed suicide. The last part of the program consisted of two group supervisions of clinical cases and the discussion that focused on the exchange of experiences between the educators and participants (demonstration of clinical skills).

An evaluation which has been done at the end of the course, confirmed that the organization, the structure, the content of the education and the interactive workshop activities received the highest grade and especially good grade was given to the exchange of clinical experiences through the group supervisions.

Education program included the creation of the Manual entitled “Prevention of suicide and suicidal behavior in adolescents”.

Those programs are in accordance with the National Strategy for the Development of Mental Health Care which was published in 2007. The IMH has prepared, as a leader of National Committee of Mental Health (NCMH), the National Policy in Mental Health and the Action Plan for the period 2004-2015. This Policy has been prepared as part of the Mental Health Project of the Stability Pact for SEE. It is in accordance with the WHO ten recommendations, and is in complete accordance with the Helsinki Declaration and Action Plan.

Recommendations for the future:

- The further courses ought to be complemented with one-day training on clinical work with adolescents in primary, secondary and tertiary health care. In this way a need for the continuous education in the area of youth suicides would be underlined.
- Establishment of a stronger and clearly defined cooperation network between the health sector, schools and centres for social work aimed at reducing the rate of suicides and suicidal behaviour of the youth.

Activity 6 Training of staff employed in social care homes

Explanation

2. Other information related to the Collaboration between the centre and WHO. Briefly describe visits by WHO staff to the centre, visits by the centre staff to WHO (HQ and/or Regional Office), use of the centre staff by WHO, support provided by centre staff for courses cosponsored or organized by WHO (HQ and/or Regional Office), WHO financial support to the centre through contractual or Technical Services Agreement or other type of support provided by WHO, any other collaborative activities. Please mention any difficulties encountered in the collaboration and suggestions for increased and improved collaboration with WHO.

Institute of Mental Health as a World Health Organization Collaborating Center organized the meeting with the experts from WHO, Dr Matthijs Muijen, WHO Regional Advisor, Copenhagen and Dr Dorit Nitzan, Head of WHO Office, Belgrade, on November 18 th 2009 at the Institute of Mental Health. The Institute of Mental Health has been inaugurated as the World Health Organization Collaborating Center, the only one in the region, owing to years of dedication of Prof. Dr Dusica Lecic Tosevski, expert of the World Health Organization.

Prof. Dr Dusica Lecic Tosevski, Director, IMH, Prof. Dr Tomica Milosavljevic, Minister of Health, Dr Matthijs Muijen, WHO Regional Advisor, Copenhagen and Dr Dorit Nitzan, Head of WHO Office, Belgrade, addressed to the Meeting. During the Meeting, WHO cooperation programs were presented: Cooperation with WHO – Past, present, future; Prevention of violence in children and adolescents; Prevention of suicide and suicidal behavior in adolescents; Prevention of alcoholism; Systemic approach to families of the mentally ill in the social care system.

3. Collaboration with other WHO Collaborating Centres: Briefly describe the nature and outcome of the collaboration and the name(s) of the other WHO collaborating centre(s) with which the centre has collaborated. If applicable, please mention the name of the network of WHO CCs to which the centre belongs. Also include suggestions for increased and improved collaboration with other WHO CC

Research project is being discussed between WHO Collaborating Centre, the Global Centre for Health Economics and Policy Research located at University of California, Berkeley and IMH Collaborative Centre. Hubs will constitute a collaborative network for mental health research in LMICs in the region of Eastern Europe with capabilities for answering research questions (within and across regions) aimed at improving mental health outcomes for men, women, and children. This Funding Opportunity Announcement (FOA), issued by the National Institute of Mental Health (NIMH), solicits the grant applications for cooperative agreements for the next five year period. The application will be submitted at January 2011.