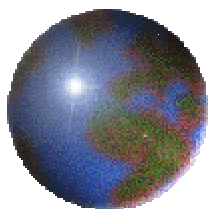


Mental health and the prevention of substance abuse



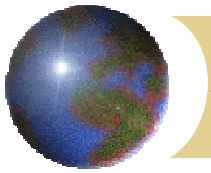
Information needs for evidence-based decision making

W. Gulbinat



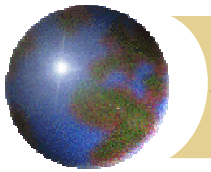
Global Forum for Health Research

Promoting Research to Improve the Health of Poor People



Mental Health on the international agenda

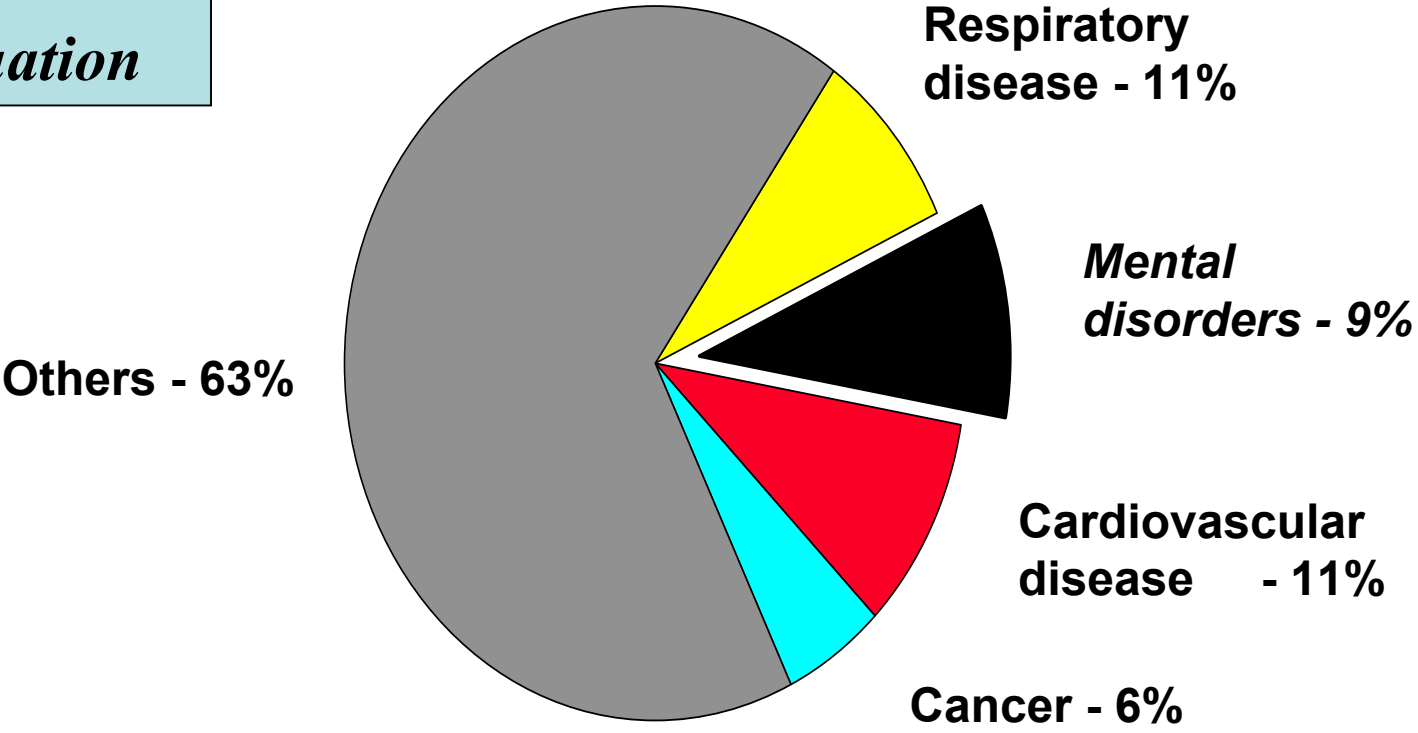
- ✚ Examples of national and international events of high visibility
- ✚ Turning visibility into action

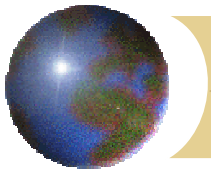


The Burden of Selected Illnesses

Disability Adjusted Life Years (DALYs)

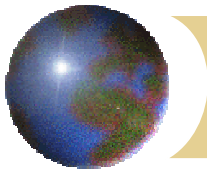
Global situation





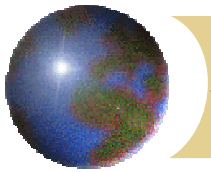
What is mental health?

- ⊕ neuropsychiatric mortality, & mortality related to impaired mental or emotional functioning
- ⊕ neuropsychiatric morbidity, & morbidity related to impaired mental or emotional functioning
- ⊕ disability related to impaired mental or emotional functioning
- ⊕ impaired mental or emotional functioning
- ⊕ normal/optimal mental and emotional functioning (coping, psychosocial development in childhood)



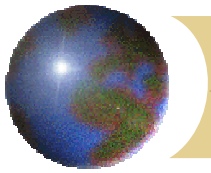
The mental health triad

“public” dimension	“mental hygiene” dimension	disease dimension
<ul style="list-style-type: none">▪ violence, crime, homicide▪ juvenile delinquency▪ early pregnancy▪ excessive risk taking▪ drug & alcohol abuse▪ self-destructive behaviour▪ absenteeism▪ street children	<ul style="list-style-type: none">▪ uprooting▪ victimization▪ bereavement▪ social integration▪ humanization of health care▪ mental health promotion▪ coping▪ school mental health▪ family mental health▪ community mental health	<ul style="list-style-type: none">▪ schizophrenia▪ depression▪ suicide▪ post-traumatic stress syndrome▪ epilepsy



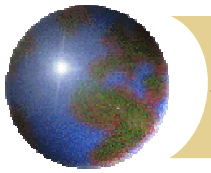
Questions to ask

- How does mental health affect the workplace?
- How does the workplace affect mental health?



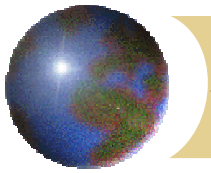
Questions to ask

- How does globalisation affect mental health of the people?
- How may mental health affect globalisation?



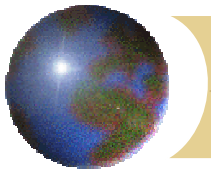
Questions to ask

- How does mental health affect human capital?
- How does mental health contribute to social capital?



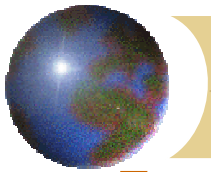
Action on what?

- **To promote mental health**
- **To prevent mental disorders and substance abuse**
- **To deliver mental health & substance abuse services**
- **To minimize the impact of mental health problems and substance abuse**

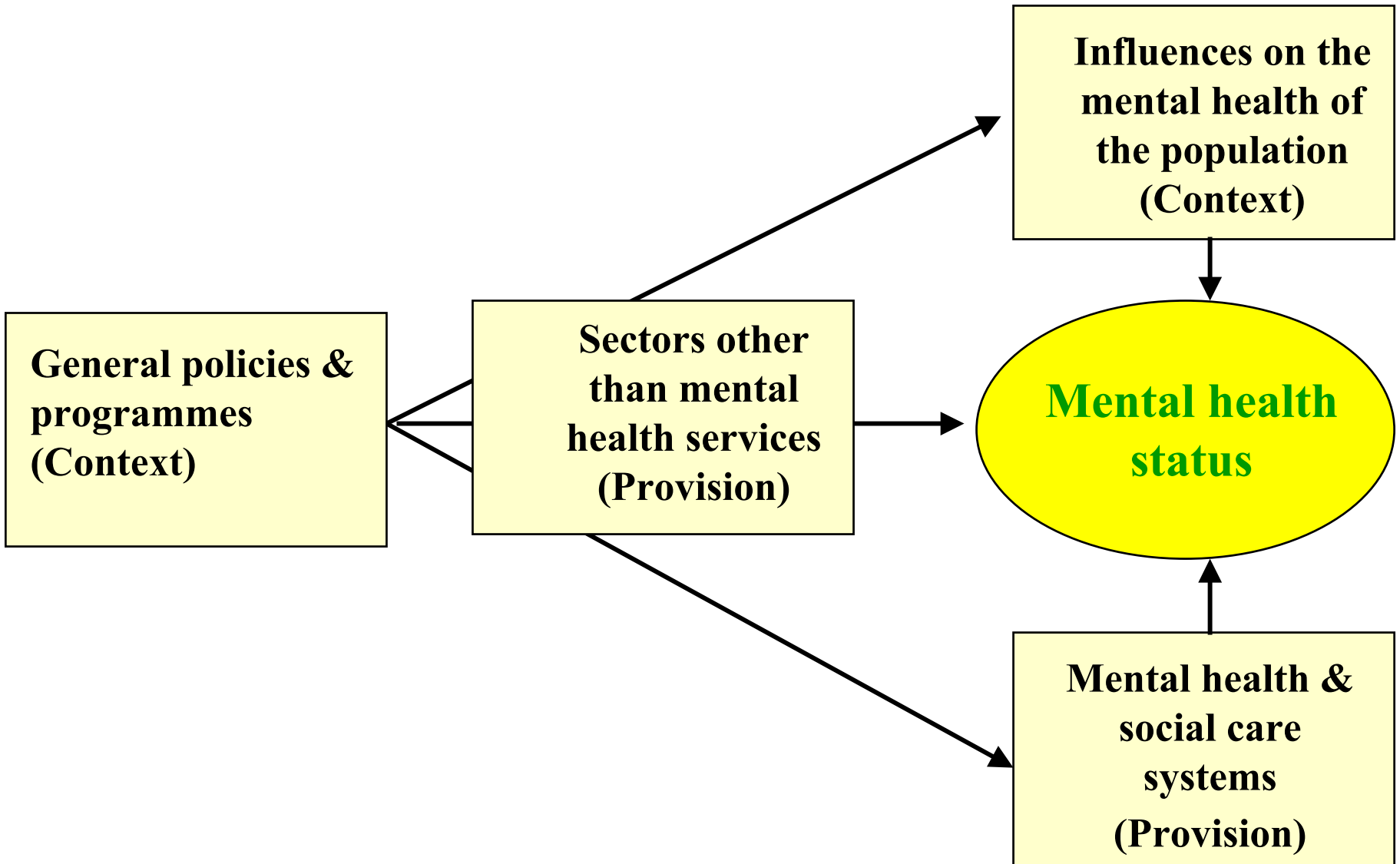


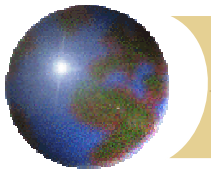
Service delivery is a complex task

- **Community education**
- **School & workplace MH promotion**
- **Integrated treatment of mental disorders and substance abuse**
- **To engage in appropriate development of human resources**
- **Family & community involvement**
- **Overcoming stigma**
- **Appropriate MH legislation**



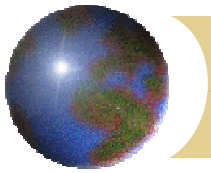
Levels of intervention and action





Evidence for rational decision making

- ⊕ Methods and instruments for compiling relevant information
- ⊕ Methods and techniques for applying and using information
- ⊕ Information and knowledge gaps



Outlook for research and action in developing countries

- ⊕ The outline of a research protocol
- ⊕ A network of expertise