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# ***IMPLEMENTING MHiAP IN LITHUANIA***

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- Mental health is important for learning, working, social development and the social cohesion of societies. Without mental health, the potential for economic growth is limited.
- At a time when the aims of increasing productivity and reducing social and health inequalities go hand in hand, there is an urgent need to reduce the human, societal and economic costs of mental health problems by way of effectively implementing modern policies and practices.



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## Europe's mental capital is under threat



- Insecurity, unemployment, social exclusion, lack of trust and hope are affecting many people in Europe, putting strain on their mental resources and leading to depression, substance abuse, violence and sometimes - suicide.
- Mental health problems are the major cause of disability at the beginning of the 21st century.



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## Europe's mental capital is under threat

- In spite of increasing awareness and activities in early childhood education and care, schools, workplace settings and local communities, effective actions that improve the well-being of the population and prevent the development of mental health problems, increasing resilience, and reducing or eliminating exposure to risk factors are not yet sufficiently available across the EU.
- Interventions in place often do not reach the most vulnerable groups.



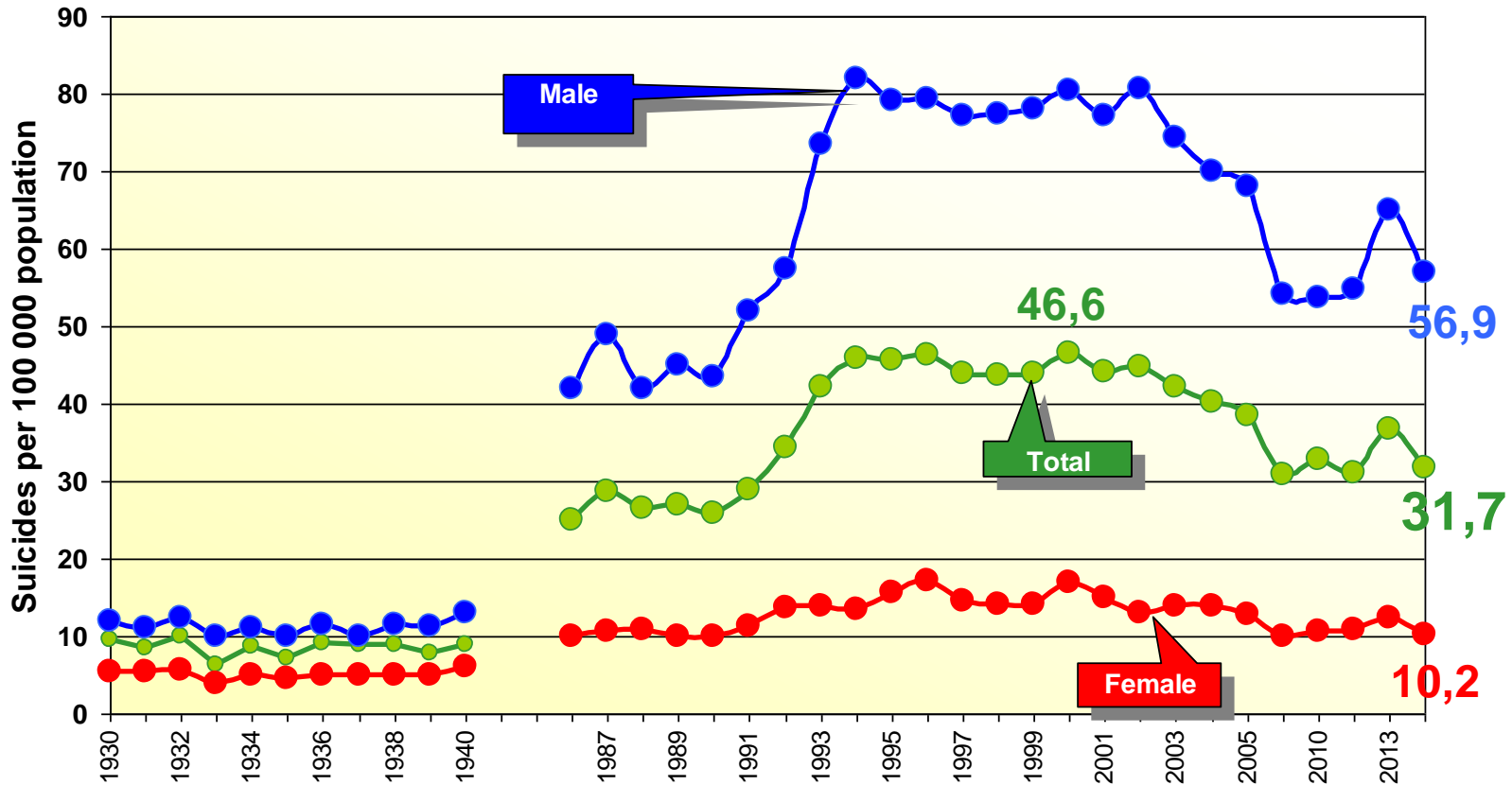
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## Europe's mental capital is under threat



- Health systems still spend too small a proportion of their budgets on promotion and prevention, and have not developed sufficient cooperation with other sectors, which could better achieve their objectives if their actions were to consider mental health requirements.
- Despite significant decreases during the last ten years, suicide rates remain at high levels in several Member States and first of all in our country.

# SUICIDES IN LITHUANIA 1930-1940 AND 1987-2014 (per 100 000)



# ***MAIN PRINCIPLES OF STRATEGY***

(approved by Parliament of Lithuania in 2007)

1. Ensuring of human rights.
2. Promotion of variety of modern services meant for clients' needs (day centres, centres of crisis intervention, comprehensive aid for children in municipalities including correction of child development disturbances).
3. Equilibrium in the development of biopsychosocial model.
4. Encouragement of autonomy and participation.
5. Treatment of mild mental disorders at general practice level.
- 6. Mental health promotion and mental disorders prevention as a priority of implementation of strategies in health, education and social protection.**
7. Strengthening of the role of clients and non-governmental sector in providing of services.





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Presidency conference

**Mental Health:**

**Challenges and Possibilities**

**10-11 October**

**Vilnius, BEST WESTERN Vilnius Hotel**







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## Another activities

- State Health Affairs Commission (under the LR Government), which consists of a Minister of Health (as a chairman) and vice ministers from everyone Ministry.
- Round-table discussion in Vilnius, together with a WP8 experts
- A lot of discussions in new created working groups about how to cooperate more effectively between the Health, Social and Education Ministries for finding solutions to solve the problem of some specialized institutions in Lithuania.



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# **Suicide prevention Memorandum of Vilnius city**

The memorandum was signed by Vilnius city health policymakers, police, health care, children rights protection, social care, non-governmental and governmental organizations, representatives of education and science institutions.

Parts that have signed the Memorandum have agreed to co-operate in the prevention of suicide and to coordinate their actions.

The main focus is on a number of common



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# Suicide prevention Memorandum of Vilnius city

The main focus is on a number of common areas:

- 1) training of representatives of particular institutions that usually first face persons who are planning to commit a suicide on how to recognize suicide risk and how to respond to it. Such knowledge and skills will be provided to police officers, emergency services', fire station workers, public health, primary health care professionals, family doctors, teachers, social workers;
- 2) an attempt will be made to unite all human resources by providing both immediate and long-term assistance to persons who have attempted to commit a suicide;
- 3) the necessary assistance to the family or other closely related persons of the one who has committed a suicide.



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**Thank you very much for your attention**