



ADOCARE

Research methodology and preliminary findings

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First high level conference at the European parliament

16th of October 2014

- Objectives
- Research questions
- Methodology
- Preliminary findings

- Collect relevant information, and innovative ideas and insights on AMHC
- Conduct research **in 10 member states**
 - Belgium, Finland, France, Germany, Hungary, Italy, Lithuania, Spain, Sweden, and UK
- By questioning **different target groups**
 - Policy makers, experts, professionals, and end-users
- Arrive at **guidelines** and **recommendations**

Question 1:

What is the current state of mental health and mental health problems among adolescents in member states?

Question 2:

Which relevant policies and legal frameworks related to adolescent mental health care exist in member states?

Question 3:

Where can adolescents with mental health problems find treatment in member states?

Question 4:

What is meant by integrated care for adolescents with mental health problems?

Question 5:

What are advantages and disadvantages of integrated mental health care for adolescents?

Question 6:

What other issues should be taken into account when providing mental health care to adolescents?

Question 7:

What specific needs have adolescents with mental health problems?

Question 8:

What important guidelines and recommendations should be taken into account when providing integrated care for adolescents with mental health problems?

Step 1: Literature study

Review existing information on mental health and mental health care for adolescents in member states

Completed

Step 2: Survey with policy makers

Collect information on:

- Policies and legal frameworks related to AMHC
- Training of professionals on AMHC
- Key experts and professionals in the field of AMHC
- Existing AMHC services

Completed

Step 3: Survey with experts

Collect information on:

- Policy and legislation regarding AMHC
- Training of professionals on AMHC
- Existing AMHC services
- Availability and quality of the provided care
- Evaluation of the provided care

Completed

Step 4: Survey with professionals

Collect information on:

- The treatment that is provided in AMHC services
- How AMHC services are organized
- Strengths and weaknesses of AMHC services

Completed

Country	Policy makers	Professionals	Experts	TOTAL
Belgium	2	7	4	13
Finland	2	1	2	5
France	0	2	6	8
Germany	1	1	2	4
Hungary	2	0	1	3
Italy	3	2	0	5
Lithuania	1	0	2	3
Spain	1	4	2	7
Sweden	1	1	0	2
UK	1	2	5	8
TOTAL	14	20	24	58

Step 5: First high level conference

Discussion round and booklets to provide input:

- Fine-tune our research findings
- Collect valuable additions, critical remarks, thoughts, opinions, and insights

16 oktober
2014

Step 6: Survey with end-users

Hear their opinion and experiences regarding AMHC:

- Accessibility, availability, quality of AMHC services
- Needs of adolescents
- The extent to which needs are met

Running

Step 7: 4 workshops with experts, policy makers, professionals, and end-users

Discuss in small groups:

- Make additional comments on research findings
- Think of solutions for problems
- State goals that countries should try to achieve
- Reflect on guidelines, roadmaps, recommendations

January till
March 2015

Step 8: Online consultation survey

- Construct a set of statements based on the output of the workshops
- Members of the network can indicate to what extent they agree with each statement

May 2015

Step 9: Second high level conference

- Gather feedback on the guidelines and recommendations

2 months
before
project
ending

- Initial answers
- Existing gaps

What is the current state of mental health and mental health problems among adolescents in member states?

- **Prevalence rates:**
 - Only 4 countries have recent **prevalence rates** of mental health problems among adolescents
 - These 4 countries collect **national data** at a population level
 - Yet, prevalence rates are important
 - Governments can only develop effective policies and action plans, tailored to the needs of the population, if accurate prevalence data are available

What is the current state of mental health and mental health problems among adolescents in member states?

- **Administrative data:**
 - In the second place, administrative data can be indicative
 - All countries collect **administrative data**
 - However, the **quality** is often **unreliable** and **incomplete**
 - The data do not comprise all types of AMHC services or all regions of a country
 - The data of one person are spread over different data systems
 - In most countries administrative data are **not processed**
 - Many representatives have no knowledge of the existence of these data
 - The data are not accessible
 - There are no financial resources to process the data
 - There is no research institute assigned to process the data



Which relevant policies and legal frameworks related to adolescent mental health care exist in member states?

- **Policy:**
 - An organised set of values, principles and objectives aimed to improve the mental health of adolescents
- **For example:**
 - Establish more multidisciplinary services for adolescents
 - Work out an appropriate data monitoring system
 - Improve continuity of care between inpatient and outpatient services
 - Define pathways to facilitate transition to adult services
 - Improve mental health care for young crime offenders



Which relevant policies and legal frameworks related to adolescent mental health care exist in member states?

- **Survey findings regarding policies:**
 - In most countries an overall **vision** on adolescent mental health is lacking
 - Countries often do not know what their **needs** are
 - Prevalence rates are almost non-existent
 - Poor overview of the availability of AMHC services and initiatives
 - For many authorities it is **no priority**
 - In only 1 country **funds dedicated to AMH** are clearly identifiable
 - 7 countries have **policies** related to the provision of AMHC
 - **Implementation** of policy initiatives is often hampered
 - Lack of financial and human resources
 - Difficulties in cooperation between various settings and sectors
 - In only 3 countries these policies are formally **evaluated**



Which relevant policies and legal frameworks related to adolescent mental health care exist in member states?

- **Legislation:**
 - System of rules, regulations, laws and procedures related to adolescent mental health
 - Enacted and implemented by the relevant authorities
 - Focus on issues such as treatment facilities, staff, professional training, service structure, the civil and human rights protection of adolescents with mental health problems
- **For example:**
 - Law on how to treat young patients who commit a crime
 - Law stating that patients should be assessed within 6 weeks after referral
 - Law for residential services that minors and adults should be treated separately
 - Law stating that adolescents should receive a broad psychosocial assessment at age 5, and at the 1st, 5th, and 8th grade

Which relevant policies and legal frameworks related to adolescent mental health care exist in member states?

- **Survey findings regarding legislation:**
 - There is **few legislation** specifically for the adolescent target group
 - Only 1 country has **specific legislation** for AMHC services
 - In 4 countries the profession of **adolescent psychiatrist** is recognized as a separate health profession
 - **Adolescent psychologist** and **adolescent psychiatric nurse** are not recognized in any country

Where can adolescents with mental health problems find treatment in member states?

- **4 types of MHC services:**
 - Residential care services (hospital and non-hospital)
 - Day care services
 - Home-based services and outreaching care
 - Outpatient ambulatory care
- **Availability and quality ...**



Where can adolescents with mental health problems find treatment in member states?

Type of service	Availability
Outpatient care services	In between
Day care services	In between
Home-based services	Poor
Residential care services	Poor



Where can adolescents with mental health problems find treatment in member states?

Type of service	Quality
Outpatient care services	Good
Home-based services	Good
Day care services	Good
Residential care services	In between

Where can adolescents with mental health problems find treatment in member states?

- **Availability and quality:**
 - Availability and quality vary widely across countries
 - Many countries report big differences in between regions
 - In none of the countries the availability and the quality are “very good”
 - Only two countries reported to have mental health care services exclusively for adolescents

Where can adolescents with mental health problems find treatment in member states?

- **The quality is hampered by several factors:**
 - There are **too few well-trained specialists** in AMHC
 - Professionals are **work overloaded**, which lowers motivation
 - Lack of financial support
 - Psychosocial interventions are often not covered by health insurance systems

What is meant by integrated care for adolescents with mental health problems?

- **According to the literature integrated care is:**
 - A concept of **coordinated organisation** of **cure and care**
 - Based on a **holistic approach** of the patient
 - Offered according to the principles of **balanced care**
 - It is **continuous and tailored to the needs** of the patient
 - Aims to enhance **quality of care, quality of life, consumer satisfaction** and **system efficiency**.



What is meant by integrated care for adolescents with mental health problems?

Core concepts	
Central goal	<ul style="list-style-type: none"> • Full citizenship
Cooperation with other services	<ul style="list-style-type: none"> • School and educational services • Social services • Youth welfare services • Employment services • MHC services
Multiprofessional team, if possible under 1 roof	<ul style="list-style-type: none"> • Psychiatrist • Psychologist • Teachers • Social workers
Addressing different needs	<ul style="list-style-type: none"> • Psychiatric and psychological needs • Vocational needs • Educational needs • Recreational needs
Target group	<ul style="list-style-type: none"> • Adolescents • Their family



What other issues should be taken into account when providing mental health care to adolescents?

- **Offering ‘good’ mental health care for adolescents also means:**
 - The **way of approach** is adapted to the characteristics of adolescents
 - **Evidence-based** treatment forms are used
 - Services are **easily accessible** (in time, geographically and financially)
 - Care is **well-coordinated**
 - The multiprofessional staff works together **efficiently**
 - In a **transdisciplinary** way:
 - The team functions as 1 coherent network
 - The team is responsible as a whole
 - They share a common care plan
 - Continuous counselling



Thank you!

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