



HelseDirektoratet

Norwegian Directorate of Health

The Mental health system in Norway

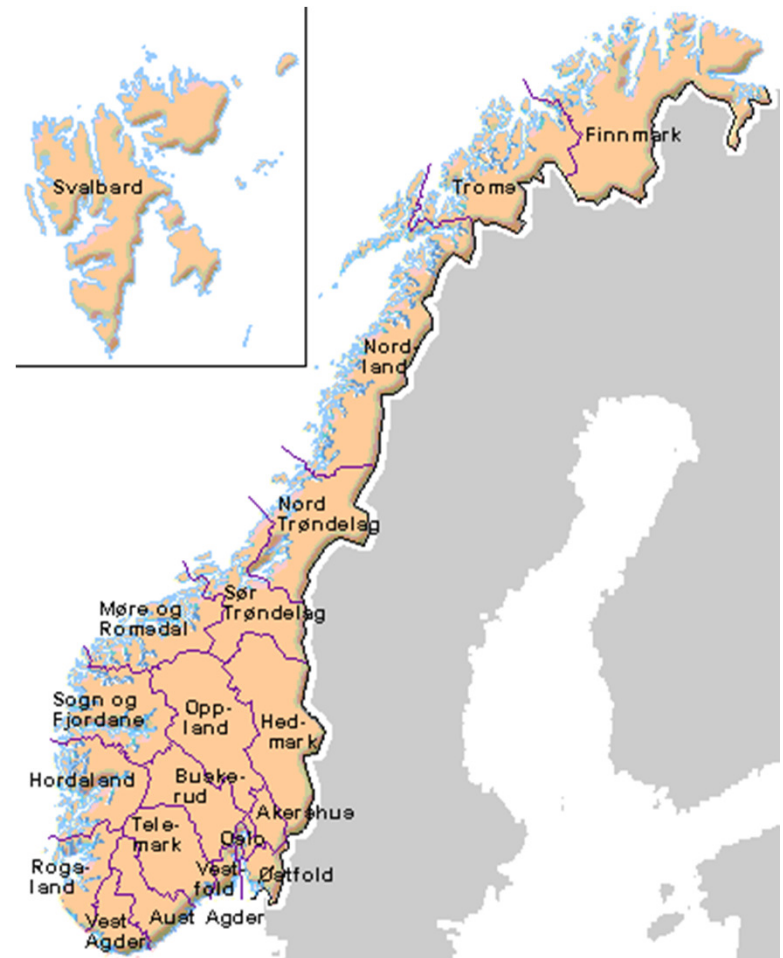
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➔ 429 municipalities

➔ 4 regional health authorities (RHAs)

➔ 19 counties



Background

- **429 municipalities**
- **50% less than 5 000 inhabitants**
- **Main providers of primary and welfare services**
- **Local self-government; a strong tradition**

Mental health services, division of responsibilities

- Primary mental health services (municipalities)**
- Specialised mental health services (RHAs)**

Primary mental health services (municipalities)

- Health promoting and prevention (child and maternity care, school health service)
- Pregnancy and postnatal services
- Acute assistance
- Diagnosis and treatment
- Habilitation and rehabilitation
- Home treatment and care, nursing homes

Other: Activities, Culture, Leisure

Specialised mental health services for children, adolescents and adults (RHAs)

- Outpatient and ambulatory treatment
- Inpatient treatment
- Crisis treatment
- Diagnosis
- District psychiatric centres (DPC)
- Mental hospitals
- Guiding the primary services

Financing mental health services

- **Financed through public block grants, local tax revenues, reimbursements (some out-of-pocket payment)**
- **Earmarked grants, such as employing psychologists in the municipalities**
- **National Insurance Scheme**

National Plan for Mental Health, Background

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 - ✓ services with weaknesses in all areas
 - ✓ setting the goals, guidelines

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- **In the mid 1990-ies: A bad situation was recognised: The need for giving priority**
- **A white paper was submitted to the Parliament:**
 - ✓ services with weaknesses in all areas
 - ✓ setting the goals, guidelines
- **Parliament:**
 - ✓ supporting the goals
 - ✓ but there is no money !
 - ✓ a economically binding national plan

Goals and intentions

- **Prevention, - when possible**
- **User's perspective – user participation**
- **Normalisation, welfare, quality of life**
- **Voluntary treatment, reducing compulsory treatment**
- **To master your own life – coping with daily life**

National Plan for Mental Health 1999 - 2008

A proposition to the Parliament

- The goals were set
- Quantified targets, costs of each target estimated
- Economic overall target: State support to the services
 - ✓ level of annual running costs € 600 million increased in 2008
 - ✓ investments € 800 million during the period
- The content: expansion and reorganization of the services, major investments

Financing the National plan, mainly

Earmarked block grants (!)

Main areas for improvement

- **Strengthening users' position and emphasizing information**
- **Strengthening the municipal services**
- **Expanding and restructuring the specialised services for adults (Community Psychiatry, DPCs)**
- **Expanding services for children and adolescents**
- **Improving labour market services**
- **Stimulating education and research**

National Plan for Mental Health 1999 - 2008

Several evaluations, main contents in brief

- The targets were met (by and large..)
- The quantitative approach a success, but to little attention upon the qualitative aspects, the contents

Mental health policies in Norway

- **Improvement and expansion of the mental health services is given priority**
- **Through the National Plan for Mental Health, additional resources are allocated to the mental health services on all levels**
- **Users' needs and users' participation is emphasized**
- **Services shall promote independence, improved living conditions and the ability to cope with daily life**
- **Focusing on voluntary treatment**
- **Decentralisation - the municipalities shall provide the primary services**

What does the user want ?

- A place to live
- Something to do
- People to be together with
- Something to live from
- Good health – reducing symptoms (treatment and care, diagnosis/assessment of level of functioning)

In the local community !

Important for children and adolescents

- **National plan: Earmarking within the earmarking...**
- **Recruiting psychologists to the municipalities**
- **New strategy for childrens and adolescents mental health**
- **Improving the health services in schools**

The Cooperation reform

- **Collaboration between different levels a back bone**
- **Financial mechanisms**
- **Formal cooperation agreements between the levels**
- **Individual plan as a tool**

Public health, - focus upon

- **Promoting healthy community for children and adolescents and reducing risk factors for mental and behavioural disorders**
- **Research on mental problems, the development of effective treatment and the monitoring and evaluation of mental health systems**
- **Preventing violence and reduce the risk for posttraumatic stress disorder and reactions after traumatic experiences by early intervention and appropriate treatment techniques.**

Mental Health and Work

- **National Strategic Plan for Work and Mental Health (2007-2012) – enforces the national Program for Mental Health**
- **«See you tomorrow!»**
- **Campaigns to rise knowledge and openness**
- **Cooperation between the Directorate of Health and the Labour and Welfare Administration (NAV)**

Knowledge based services

- what kind of knowledge ?

- Evidence based knowledge
- Experience based knowledge
- User' knowledge

Cultures and attitudes in the services

- **Empowerment, participation**
- **Resources, not only illness**
- **Recognition of other professionals**

The role of the professionals

Expert or fellow wanderer ?

Challenges identified by the nordic expert group

- Child and adolescent mental health
- Working life and mental health
- Mental health of older people
- The primary care sector
- User and carer influence
- Voluntariness and coercion

Harmony or conflict , - or ?

**Thank you for your
attention!**

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