11th Policy Forum of the Education For Inclusive Societies project

Engaging Learners: Fostering Inclusion Through Wellbeing and Mental Health Support

March 14th 2024

YOUTH MENTAL HEALTH: INTEGRATING MENTAL HEALTH CARE, EDUCATION AND SOCIAL POLICIES

Francisca Vargas Lopes
Health Policy Researcher,
Directorate of Employment, Labour and Social Affairs

OECD
BETTER POLICIES FOR BETTER LIVES

Youth mental health: integrating mental health care, education and social policies – *a roadmap for today*

A New Benchmark for Mental Health Systems

Principles and policies that contribute to children/youth mental health

Integrated and Multi-sectoral care

An approach long-time championed by the OECD

What else is next?

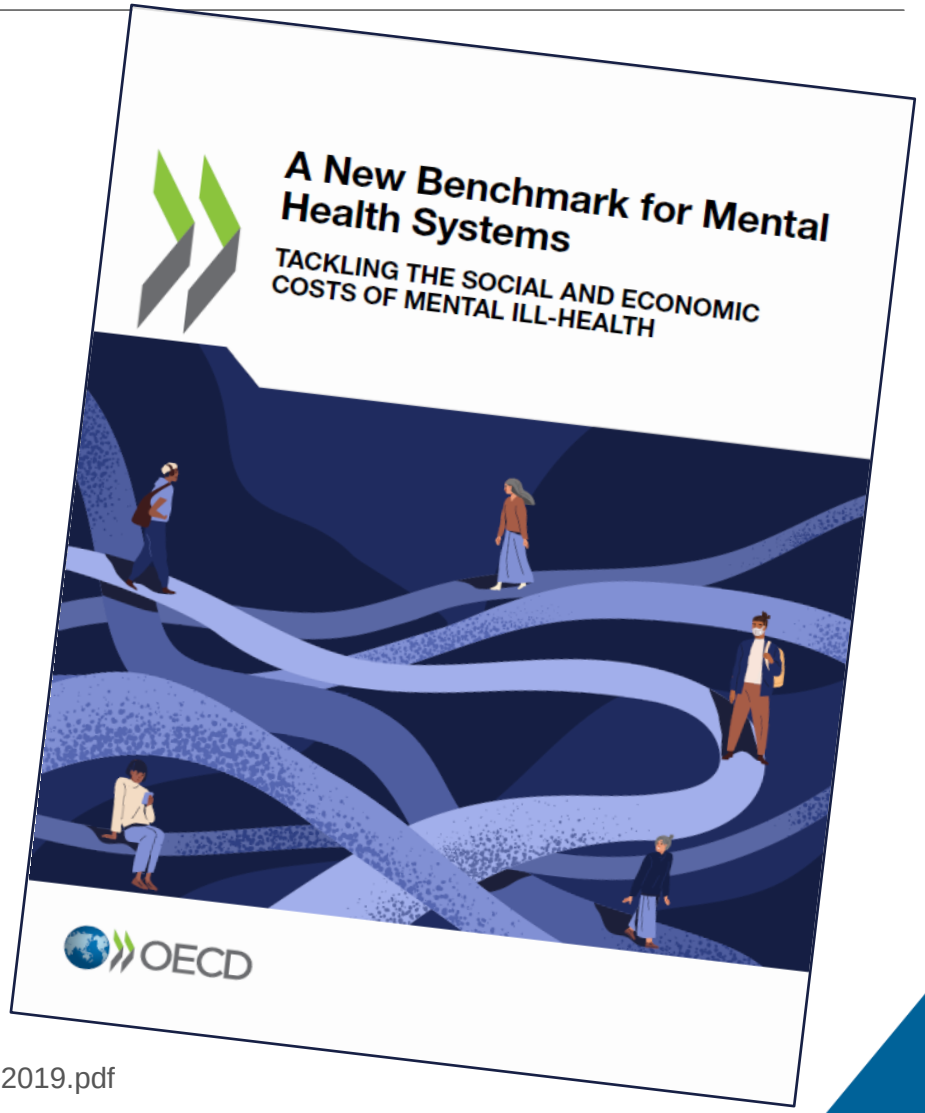
Additional progress and projects to follow

A New Benchmark for Mental Health Systems

1. Development of an OECD Mental Health Performance Framework

2. Collection of measures to understand performance in each domain of the OECD framework

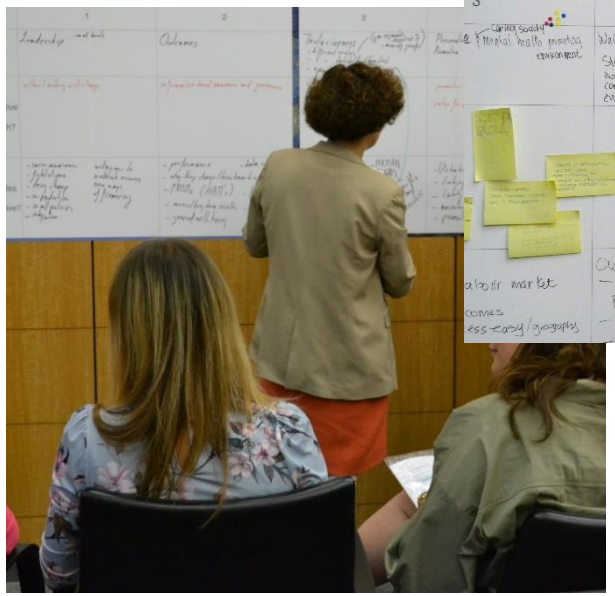
3. Identifying promising policies to improve performance

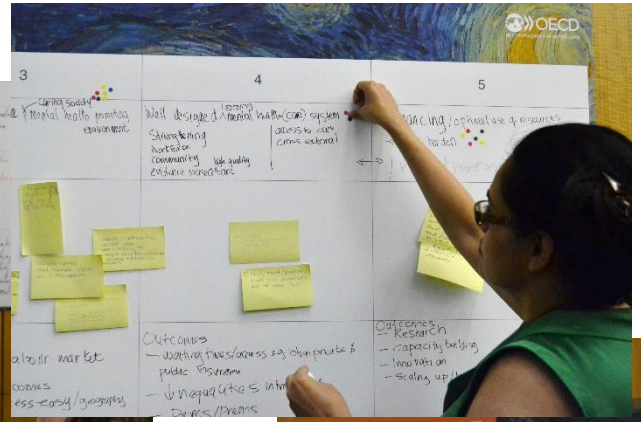


Available at: https://www.oecd.org/health/health-systems/OECD-Mental-Health-Performance-Framework-2019.pdf

A New Benchmark for Mental Health Systems

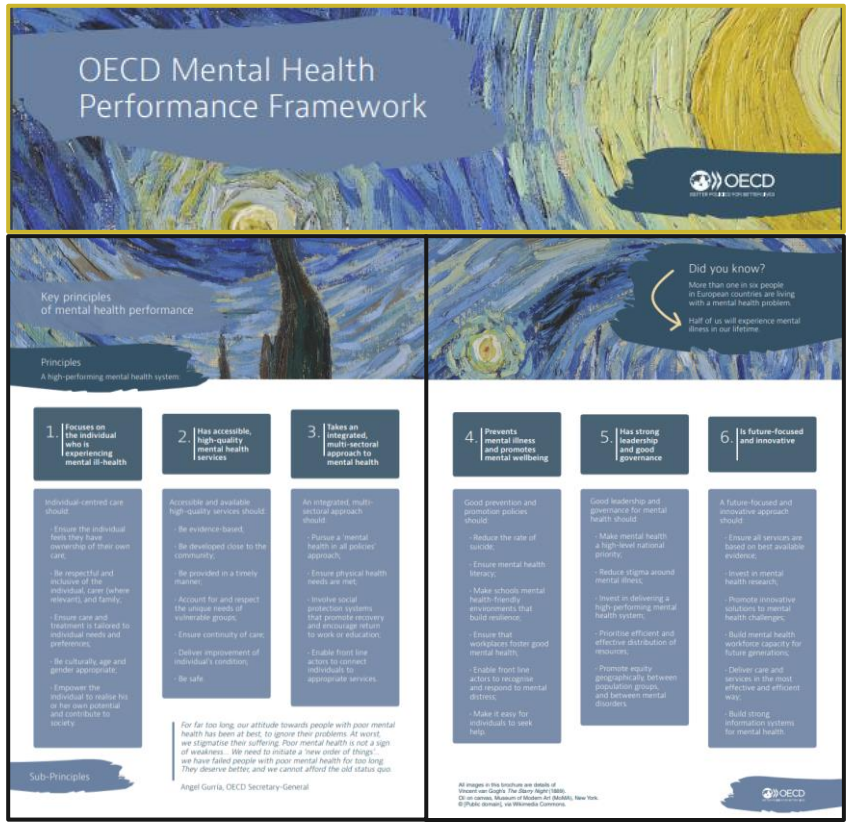
1. Development of an OECD Mental Health Performance Framework





A New Benchmark for Mental Health Systems

1. Development of an OECD Mental Health Performance Framework

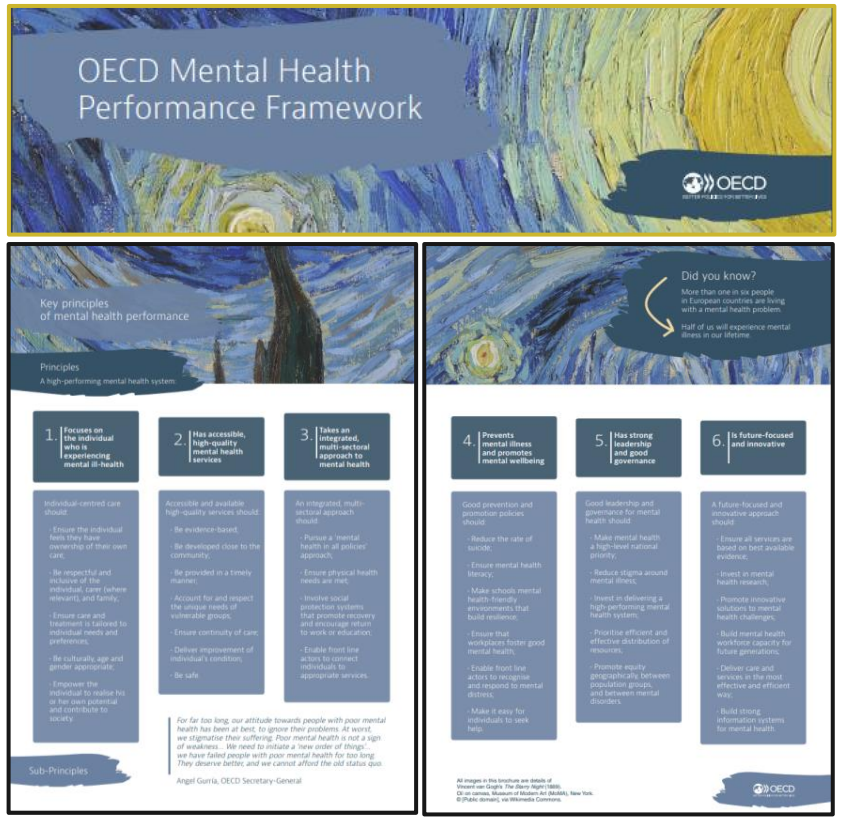


A high performing mental health system…

1. Focuses **on the person** who is experiencing mental ill-health
2. Has **accessible, high-quality** mental health services
3. Takes an **integrated, multi-sectoral** approach
4. **Prevents** mental illness and **promotes** mental wellbeing
5. Has **strong leadership** and **good governance**
6. Is **future-focused** and **innovative**

Available at: https://www.oecd.org/health/health-systems/OECD-Mental-Health-Performance-Framework-2019.pdf

A New Benchmark for Mental Health Systems



two expert consultations

international data scan

extensive literature review

Policy Questionnaire and Data Questionnaire

2. Collection of measures to understand performance in each domain of the OECD framework

Existing international data – OECD.Stat, WHO Mortality Database, WHO Atlas

New indicators – Policy Questionnaire and Data Questionnaire sent to all OECD countries

Work with international surveys – EHIS, Commonwealth Fund Survey

Identifying gaps where int'l data isn't available – telehealth, stigma

A New Benchmark for Mental Health Systems

2. Collection of measures to understand performance in each domain of the OECD framework

Table 1.1. OECD Mental Health System Performance Benchmark – Principles 1 and 2: Person-centred, high quality and accessible services

	Principle 1. Focuses on the individual who is experiencing mental ill-health				Principle 2. Accessible, high-quality mental health services	
	• individual ownership of care • respectful of user, carer, family • treatment tailored to individual's wishes, age, gender, culture • empowers the individual				• evidence-based • community-based • timely • accounts for needs of vulnerable groups • continuity of care • delivers improvement •	
Benchmarking indicators	Care Plans in mental health service involve[1]:		Patient-reported outcomes – OECD PROM Pilot	People with a mental health problem who reported being treated with courtesy and respect by doctors and nurses during hospitalisation [%][2 3]	Unmet needs for mental health care due to financial, wait times, or transport [%][4]	Repeat admissions to inpatient care [3 or more times in 1 year, %][5]
	Service User	Carer or Representative				
OECD	22	20	—	80.6%	67.20%	12.11%
Australia	✓		---	84%		
Austria	✓	✓	---		56.70%	
Belgium	✓	✓	---			4.80%
Canada	✓	✓	---	78%		12.80%
Chile			---			
Colombia			---			
Costa Rica			---			
Czech Republic			---		59.70%	
Denmark	✓	✓	---		75.80%	34.50%
Estonia	✓	✓	---			
Finland			---		59.50%	
France			---	89%	66.00%	
Germany			---	76%	73.50%	
Greece	✓	✓	---		70.00%	
Hungary			---		70.60%	
Iceland	✓	✓	---		79.50%	
Ireland	✓	✓	---		84.30%	
Israel	✓	✓	---			12.30%

Table 1.2. OECD Mental Health System Performance Benchmark – Principles 3 and 4: Integrated and multi-sectoral, prioritises prevention and promotion

	Principle 3. Takes an integrated, multi-sectoral approach to mental health • mental health in all policies • physical health needs met • involves social protection systems • promotes return to work or education • front line actors to connect individuals to appropriate services •									Principle 4. Prevents mental illness and promotes mental well-being • reduce suicide • ensure mental health literacy • mental health friendly schools that buil
Benchmarking Indicators	Rate of higher education (ISCED three educational groups) of those with mental distress to those without other disabilities or mental distress [Value of 100 means that people with mental distress are equally likely have higher education as those without][3]	Employment rate of those with mental distress to those without other disabilities or mental distress [Value of 100 means that people with mental distress are equally likely to be employed as those without][3]	Mental health training is provided to front line actors[1]							Life Satisfactio (Average score OECD Better Li Index[4]
			Teachers	Emergency Department Staff	Paramedics	General Practitioners/Family Doctors	Fire Department	Police	Unemployment Staff/Counsellors	
OECD	78.7	79.8	19	21	16	23	18	19	16	7.2
Australia			✓				✓	✓	✓	7.6
Austria	74.9	76.2	✓	✓	✓	✓	✓	✓	✓	8.0
Belgium	71.0	78.0	✓	✓	✓	✓	✓	✓	✓	7.6
Canada	81.9	85.4	✓	✓	✓	✓	✓	✓	✓	8.1
Chile	65.4	81.1								-
Colombia										8.3
Costa Rica										-
Czech Republic	79.7	87.4		✓		✓		✓	✓	7.4
Denmark	83.3	73.8		✓		✓	✓	✓	✓	8.0
Estonia	84.6	84.4	✓	✓	✓	✓	✓	✓	✓	7.0
Finland	86.7	75.1	✓	✓		✓				8.1
France	90.1	85.5								7.3

Table 1.3. OECD Mental Health System Performance Benchmark – Principles 5 and 6: Mental health leadership and governance that prioritises innovation and sustainability

	Principle 5. Has strong leadership and governance • make mental health a high-level national priority • reduce stigma around mental illness • invest in mental health • efficient and effective use of resources • promote equity - geographically, between populations, between disorders•				Principle 6. A future-focused and innovative approach • services based on best available evidence • invest in research • promote innovative solutions • build a sustainable workforce • good mental health data •					
Benchmarking Indicator	Spending on mental health as % of total government health spending [1 2]	Levels of stigma attitudes towards mental health		National strategy for key population groups – one or more [1]	Use of telemedicine in mental health services – indicator not internationally available	Workforce capacity [per 1 000 population] [1 2 3]			Availability of mental health indicators [1 4]	
		National or regional attitudes or stigma survey[4]	Attitudes towards mental health – indicator not internationally available			Psychiatrists	Psychologists	Mental Health Nurses	National Mental Health Data Set	OECD HCQO Mental Health Indicators
OECD	6.7%	22		19		0.18	0.53	0.52	19	22
Australia	7.6%	✓	---	✓	---	0.17	1.03	0.91	✓	
Austria		✓	---	✓	---	0.18	1.18		✓	
Belgium			---	✓	---	0.17	0.10	1.26	✓	✓
Canada	10.6%	✓	---	✓	---	0.18	0.49	0.69	✓	✓
Chile	2.1%		---	✓	---	0.10				✓
Colombia		✓	---		---					
Costa Rica										
Czech Republic	4.0%	✓	---	✓	---	0.15	0.03	0.31	✓	✓
Denmark		✓	---	✓	---	0.19	1.62		✓	✓
Estonia	2.9%		---		---	0.19	0.06	0.23		
Finland	5.6%		---		---	0.24	1.09			✓
France	15.0%		---		---	0.23	0.49	0.98		
Germany	11.3%		---		---	0.27	0.50			
Greece	3.9%		---	✓	---	0.26	0.09	0.13	✓	
Hungary			---		---	0.15	0.02	0.34		
Iceland	5.7%	✓	---	✓	---	0.21	1.37	0.00	✓	✓
Ireland	6.0%	✓	---		---	0.19			✓	

WHICH PRINCIPLES AND POLICIES WERE IDENTIFIED FOR CHILDREN AND YOUTH MENTAL HEALTH?

- Children and young people should be key focus for **promoting** good mental health and **preventing** mental illness (principle 4)
- **Early intervention** techniques can effectively target adolescents or young adults (principle 2)
- More efforts are needed to support young people with mental health during **critical moments** in their education or **transition to work** (principle 3)
- Individual-centred mental health services should be **culturally, age and gender** appropriate (principle 1)
- **Youth peer-led interventions** have become increasingly popular and can be an important driver for embedding a person-centred care approach (principle 1)

Integrated and Multi-sectoral care

OECD Mental Health System Performance Framework

1. Focuses on the individual who is experiencing mental ill-health	2. Has accessible, high-quality mental health services	3. Takes an integrated, multi-sectoral approach to mental health
Individual-centred care should: • Ensure the individual feels they have ownership of their own care; • Be respectful and inclusive of the individual, carer (where relevant), and family; • Ensure care and treatment is tailored to individual needs and preferences; • Be culturally, age and gender appropriate; • Empower the individual to realise his or her own potential and contribute to society.	Accessible and available high-quality services should: • Be evidence based; • Be developed close to the community; • Be provided in a timely manner; • Account for and respect the unique needs of vulnerable groups; • Ensure continuity of care; • Deliver improvement of individual's condition; • Be safe.	An integrated, multi-sectoral approach should: • Pursue a 'mental health in all policies' approach; • Ensure physical needs are met; • Involve social protection systems and encourage return to work or education; • Enable front line actors to connect individuals to appropriate services.
4. Prevents mental illness and promotes mental well-being	**5. Has strong leadership and good governance**	**6. Is future-focused and innovative**
Good prevention and promotion policies should: • Reduce the rate of suicide; • Ensure mental health literacy; • Make schools mental health-friendly environments that build resilience; • Ensure that workplaces foster good mental health; • Enable front line actors to recognise and respond to mental distress; • Make it easy for individuals to seek help.	Good leadership and governance for mental health should: • Make mental health a high-level national priority; • Reduce stigma around mental illness; • Invest in delivering a high-performing mental health system; • Prioritise efficient and effective distribution of resources; • Promote equity geographically, between population groups, and between mental disorders.	A future-focused and innovative approach should: • Ensure all services are based on based available evidence; • Invest in mental health research; • Promote innovative solutions to mental health challenges; • Build mental health workforce capacity for future generations; • Deliver care and services in the most effective and efficient way; • Build strong information systems for mental health.

Source: OECD (2019[11]), OECD Mental Health Performance Framework, https://www.oecd.org/health/health-systems/OECD-Mental-Health-Performance-Framework-2019.pdf.

3. Takes an integrated, multi-sectoral approach to mental health

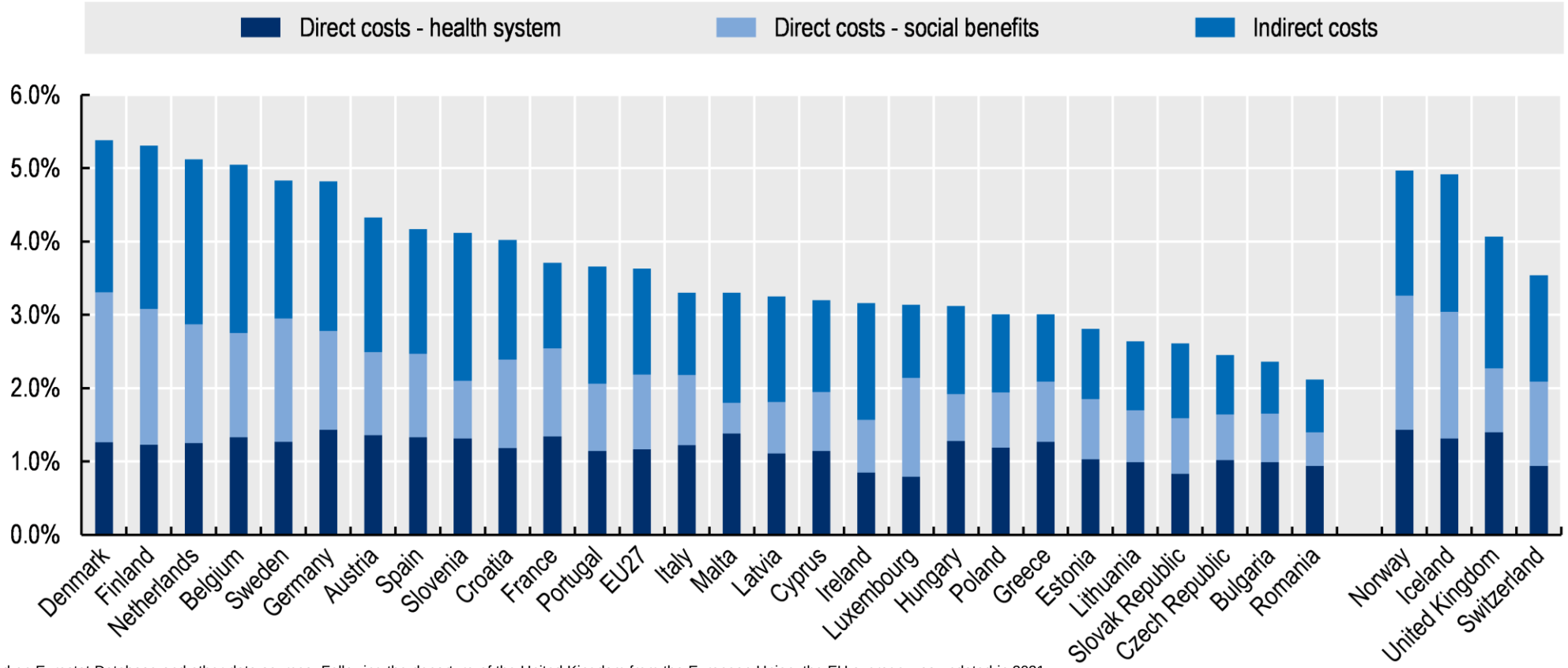
An integrated, multi-sectoral approach should:

- Pursue a 'mental health in all policies' approach;
- Ensure physical needs are met;
- Involve social protection systems and encourage return to work or education;
- Enable front line actors to connect individuals to appropriate services.

Integrated and Multi-sectoral care: makes good economic sense

Estimated direct and indirect costs related to mental health problems across European countries

As a percentage of GDP, 2015

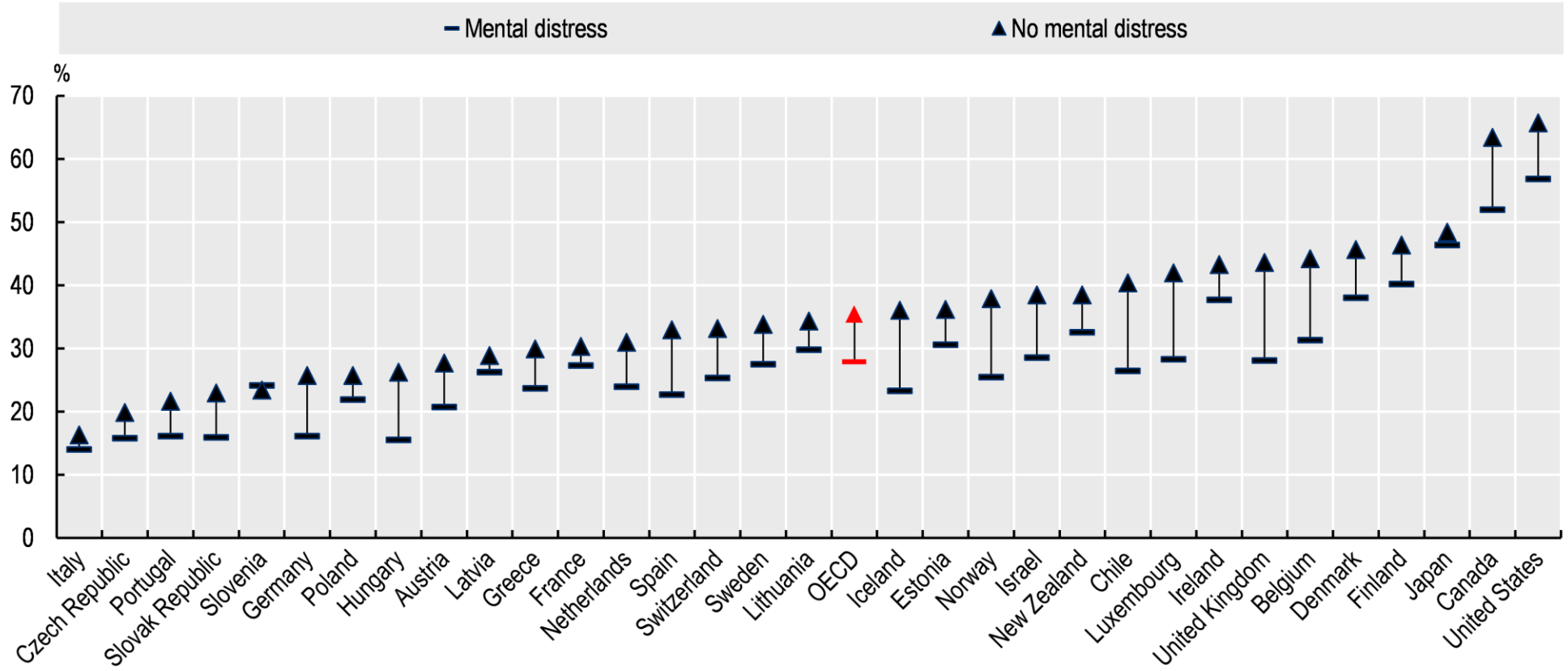


Note: OECD estimates based on Eurostat Database and other data sources. Following the departure of the United Kingdom from the European Union, the EU average was updated in 2021.
Source: OECD/European Union (2018), *Health at a Glance: Europe 2018: State of Health in the EU Cycle*, https://doi.org/10.1787/health_glance_eur-2018-en.

Integrated and Multi-sectoral care: encourage return to work or school

Persons with mental health conditions are less likely to complete a high-level education

Share of working age individuals with an education at ISCED 5 or higher, by mental health status, mid-2010s



Note: The figure presents data between 2012 and 2016. OECD average is the unweighted average of the depicted countries. Individuals with mental distress have provided survey responses to a series of mental health questions that place them in the bottom quintile of respondents.
Source: EHIS-2 and national sources, in OECD (forthcoming[1]), Integrated Mental Health, Skills and Work Policy: Implementation of the Council Recommendation.

Integrated Mental Health, Skills and Work Policy

2012: Sick on the Job? Mental Health and Work
Outlines link between mental health, education and labour market

2015: Fit Mind, Fit Job - From Evidence to Practice
High-Level Policy Forum on Mental Health and Work
Identifies transformation needed in health, education and employment policy

2016: Recommendation of the Council on Integrated Mental Health, Skills and Work Policy

2021: Fitter Mind, Fitter Jobs - From awareness to change in integrated mental health, skills and work policies
Summarises steps taken by OECD countries in the past five years towards implementing the Council Recommendation.

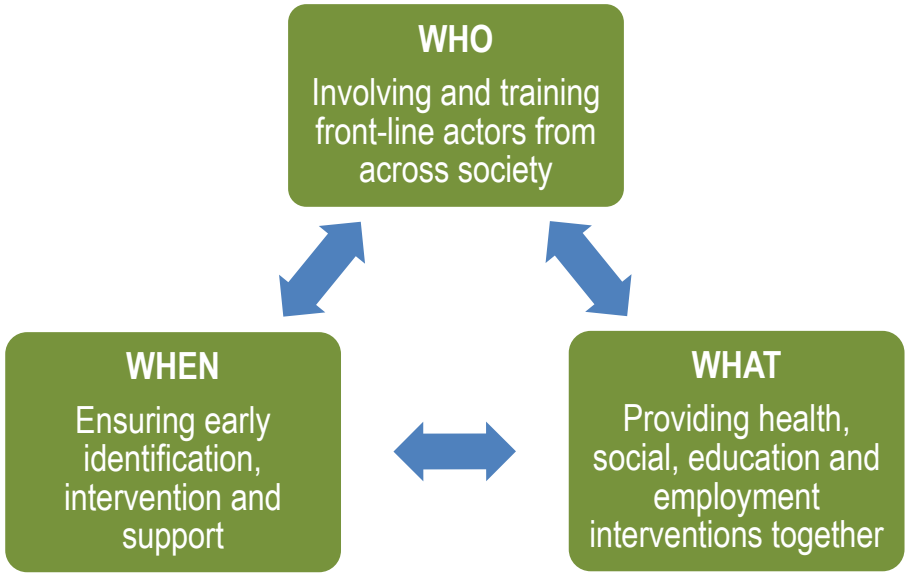
2026: 10-year review of the Council Recommendation implementation

Integrated Mental Health, Skills and Work Policy

Council Recommendation sets out policy principles for better support for individuals with mental health conditions and a

3-way transformation across 4 policy fields:

1. Supporting **young people** through education and support
2. Developing an employment-oriented **health system**
3. Improving **workplace policies** to promote mental health
4. Making the **welfare system** fit for individuals with mental health issues



What is good policy to support young people?

- **Monitor and improve the overall school and preschool climate** to promote social-emotional learning, mental health and wellbeing and the prevention of mental stress, bullying and aggression at school
- **Improve the awareness among education professionals** and the families of students, of mental health conditions young people may experience
- **Promote timely access to co-ordinated, non-stigmatising support** for children and youth living with mental health conditions or social-emotional problems
- **Invest in the prevention of early school leaving at all ages** and support for school leavers living with mental health conditions
- **Provide non-stigmatising support for the transition from school to higher education and work** for students living with mental health conditions

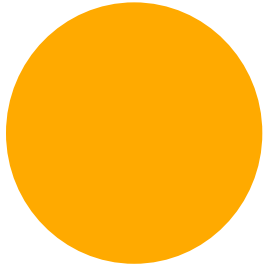
Source: OECD (2016), Recommendation on Integrated Mental Health, Skills and Work Policy – see: https://legalinstruments.oecd.org/en/instruments/OECD-LEGAL-0424

Fitter Mind, Fitter Jobs

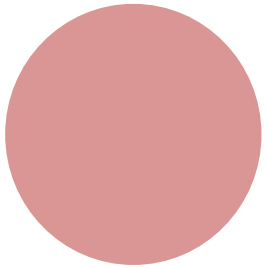
From awareness to change in integrated mental health, skills and work policies

UNEVEN PROGRESS DURING THE FIRST 5 YEARS

Youth support systems show most progress and are prioritised by many OECD countries (focus on prevention, mental health competence, low-threshold support, early school leaving



Health care systems (via technology and mental health competence) and **workplace policies** (via psychosocial risk assessment) show mixed progress

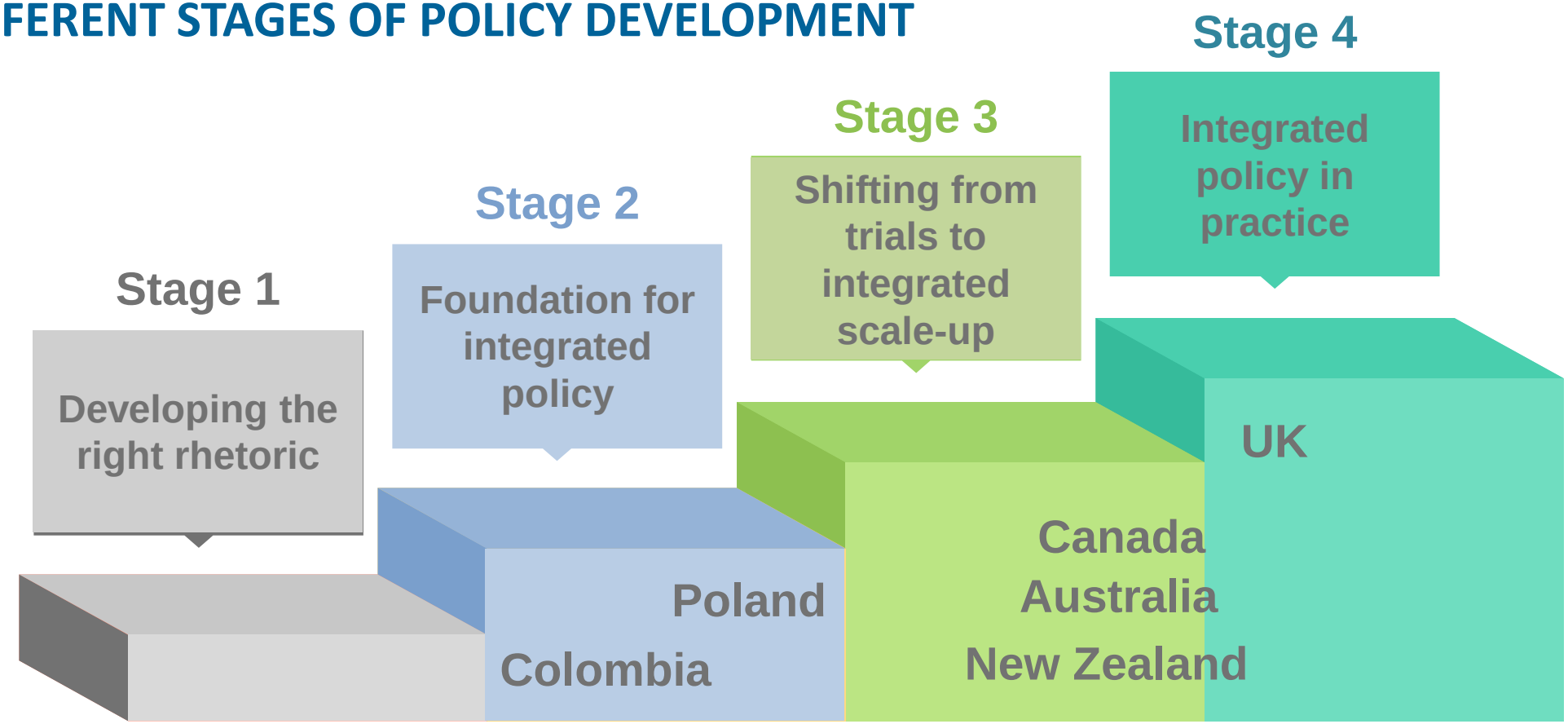


Social protection systems and **welfare policies** lag behind in implementing integrated practices (e.g. no focus on mild-to-moderate mental health conditions)

Fitter Mind, Fitter Jobs

From awareness to change in integrated mental health, skills and work policies

DIFFERENT STAGES OF POLICY DEVELOPMENT



NB. *Empirically observable stages, not a requirement or recommendation for policy change)*

Fitter Mind, Fitter Jobs

From awareness to change in integrated mental health, skills and work policies

YOUTH SUPPORT SYSTEMS AND EDUCATION POLICIES SHOW SIGNIFICANT PROGRESS

- **Timely intervention to prevent** mental ill-health is a priority in schools
- **Efforts to increase mental health competence of teachers** and educators are widespread
- **Preventing early school leaving** is being prioritised in several OECD countries
- **Low-threshold and non-stigmatising mental health support** for children and young people
- Scaling up mental health supports for young people in the **school-to-work transition**

Source: OECD (2021), **FITTER MINDS, FITTER JOBS**: FROM AWARENESS TO CHANGE IN INTEGRATED MENTAL HEALTH, SKILLS AND WORK POLICIES

What else is next?

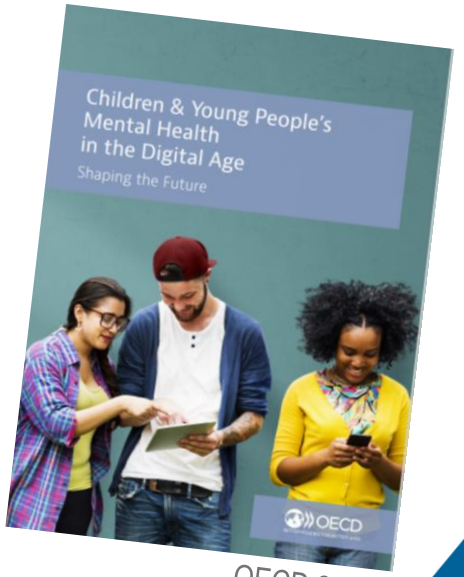
Recommendation of the Council on Creating Better Opportunities for Young People

Mental Health and the 21st Century Megatrends

Digitalisation, Inequalities, Demographic Transformation, Climate Change

Best practices and public policy evaluation and modelling

Best practices on children and youth mental health and modelling of health and economics impacts of school-based mental health policies



OECD 2018

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Read our reports — www.oecd.org/els/health-systems/mental-health.htm

- A New Benchmark for Mental Health Systems
- Fitter Minds, Fitter Jobs - From Awareness to Change in Integrated Mental Health, Skills and Work Policies
- Tackling the mental health impact of the COVID-19 crisis: An integrated, whole-of-society response
- Supporting young people's mental health through the COVID-19 crisis
- Establishing standards for assessing patient-reported outcomes and experiences of mental health care in OECD countries