Responding to the rise in mental distress

Is it real and what should we do?
Dr Rob Waller @robwaller
The Mind and Soul Foundation
mindandsoulfoundation.org

To **Educate**: Sharing the best of Christian theology and scientific advances

To **Equip**: Helping people meet with God and recover from emotional distress

To **Encourage**: Engaging with the local church and mental health services
The Mental Health Access Pack

A bite-sized resource for your church...

www.mentalhealthaccesspack.org
Around 1 Million people in Australia live with DEPRESSION

1 in 5 WOMEN
1 in 8 MEN

are likely to experience DEPRESSION in their lifetime

6 AUSTRALIANS DIE BY SUICIDE EVERY DAY — 5 OF WHOM ARE MEN

Around 2 Million people in Australia live with ANXIETY

1 in 3 WOMEN
1 in 5 MEN

are likely to experience ANXIETY in their lifetime

www.beyondblue.org.au
MINDANDSOULFOUNDATION.ORG

MENTAL DISORDERS - Work-related mental disorders are a national priority

6% of all workers comp claims are for mental disorders

27% Anxiety disorder
14% Anxiety/depression mixed
5% Short-term shock + other mental disorders
43% Reaction to stressors
11% Post-traumatic stress disorder
5% Other mental stress factors

Typical business and personal cost

Physical injury claims
- $8,000 typical claim payment
- 5 weeks typical time off work

Mental disorder claims
- $22,200 typical claim payment
- 13.3 weeks typical time off work

Cost of lost productivity per year
- $10.9 billion

Mechanism
- 29% Work pressures
- 21% Harassment and/or bullying
- 17% Exposure to violence
- 11% Other mental stress factors
- 5% Post-traumatic stress disorder
- 43% Reaction to stressors
- 27% Anxiety disorder
- 14% Anxiety/depression mixed

Types of mental disorders

Work-related mental stress is caused by prolonged and/or repeated exposure to work related stressors.

Most at risk occupations

1st Responders - police services, paramedics and fire fighters
Welfare and community workers
Prison officers
Bus drivers and rail drivers

Prevention

You can change these statistics!
Principles of Good Work Design
A work health and safety handbook
Preventing Psychological Injury under the Work Health and Safety Laws

For prevention, better management and return to work advice see your local work health and safety regulator or workers' compensation authority.
Rising suicide

Australian suicides since 1921

Historical rate of death by suicide per 100,000 people, 1921 - 2010

Suicide rate per 100,000 population

Percentage of deaths caused by suicide for selected age groups

FIGURE 2: Australian suicide rates, 15-24 yrs, per 100,000

MINDANDSOULFOUNDATION.ORG
Increasing Acuity

Self-harm and suicide attempts

Incidents of self-harm and suicide attempts among patients in mental health units in England

<table>
<thead>
<tr>
<th>Year</th>
<th>Incidents</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>14,815</td>
</tr>
<tr>
<td>2011</td>
<td>16,711</td>
</tr>
<tr>
<td>2012</td>
<td>17,946</td>
</tr>
<tr>
<td>2013</td>
<td>23,053</td>
</tr>
</tbody>
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DATA BASED ON RESPONSES FROM 29 MENTAL HEALTH TRUSTS TO FOI REQUESTS SUBMITTED BY LABOUR
The Penrose Hypothesis

Lionel Penrose
- 18 European Countries
- Higher rates of remand psychosis
Rising Budget

$1.5bn more

Australia’s mental health spend has increased over recent years

budget.gov.au
It’s Not Working

It’s Expensive

It’s The Wrong Model

It’s Missing A Trick
Small Groups – 10 minutes

Is the mental health system broken?
Why?
What would you do differently?
How would you fund your plans?
More than 20,000 people have given their views on the top priorities for reshaping mental health services as part of a drive to develop a five year national NHS strategy for people of all ages.

https://www.england.nhs.uk/mental-health/taskforce/
What is better?

MORE SERVICES?

$6.3 billion
direct costs

$28.6 billion
whole-system costs
[2% of GDP]

MORE PREVENTION?

$2 billion
For all of health ($89)

1.34%
Less than UK and NZ
[0.14% of GDP]
Prevention
Closing the stable door before the horse has bolted...
Many opportunities

Opportunities to prevent through life

- Perinatal Maternal Mental Health
- School (Pre FE)
- Parenting
- Community
- Working Life
- Relationships
- Social Connections

- 75% mental health problems set by age 24
- Lost employment opportunity cost £23.1 billion
- Half of people aged 75+ live alone
Preventive strategies for mental health

Celso Arango, Covadonga M Díaz-Caneja, Patrick D McGorry, Judith Rapoport, Iris E Sommer, Jacob A Vorstman, David McDaid, Oscar Marín, Elena Serrano-Drozdowskyj, Robert Freedman, William Carpenter

Available treatment methods have shown little effect on the burden associated with mental health disorders. We review promising universal, selective, and indicated preventive mental health strategies that might reduce the incidence of mental health disorders, or shift expected trajectories to less debilitating outcomes. Some of these interventions also seem to be cost-effective. In the transition to mental illness, the cumulative lifetime effect of multiple small effect size risk factors progressively increases vulnerability to mental health disorders. This process might inform different levels and stages of tailored interventions to lessen risk, or increase protective factors and resilience, especially during sensitive developmental periods. Gaps between knowledge, policy, and practice need to be bridged. Future steps should emphasise mental health promotion, and improvement of early detection and interventions in clinical settings, schools, and the community, with essential support from society and policy makers.
# Evidence Based Prevention

<table>
<thead>
<tr>
<th>Level</th>
<th>Aim</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>MH Promotion</td>
<td>Promote wellbeing for whole populations</td>
<td>School-based programs to foster healthy eating or positive coping skills</td>
</tr>
<tr>
<td>Universal</td>
<td>Reduce general risk factors for</td>
<td>School-based programs to prevent bullying</td>
</tr>
<tr>
<td>Primary</td>
<td>one or more conditions</td>
<td></td>
</tr>
<tr>
<td>Targeted</td>
<td>Reduce specific risk factors</td>
<td>Interventions in the offspring of patients with severe mental disorders</td>
</tr>
<tr>
<td>Primary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indicated</td>
<td>Treat subclinical manifestations to</td>
<td>Interventions in people at clinical high risk for psychosis (i.e.,</td>
</tr>
<tr>
<td>Primary</td>
<td>prevent full-blown disorder</td>
<td>showing attenuated psychotic symptoms and a recent decline in functioning)</td>
</tr>
<tr>
<td>Secondary</td>
<td>Early intervention</td>
<td>Early detection, improved access</td>
</tr>
<tr>
<td>Tertiary</td>
<td>Treat established illness</td>
<td>Improve comorbid risk factors [physical health, suicide]</td>
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Lancet Psychiatry 2018. Published Online May 14, 2018 [http://dx.doi.org/10.1016/S2215-0366(18)30057-9](http://dx.doi.org/10.1016/S2215-0366(18)30057-9)
What prevents prevention?

Those at highest risk present the least
We are not good at measuring prevention, only illness
Hard to do ethical research – lots of false positives
Long-term benefits only – not attractive to funders or politicians
No money – remove from intervention budget [downstreaming]
  ◦ Yet to convincingly prove that it pays for itself eventually

Stigma – needing help is weak, not as 'visible' as cardiac risk
Small Groups – 10 minutes

Give some examples of mental health promotion

What prevention do chaplains mainly do?
- Primary – before any illness
- Secondary – early stages
- Tertiary – established illness

How could you do more?

How would you prove it worked?
Prevention First Framework

A Prevention & Promotion Framework for Mental Health
everymind.org.au
Comparisons with Cardiology

Tips to reduce your risk for heart disease.

- Maintain a Healthy Weight
- Make Healthy Food Choices
- Stay Active
- Stop Smoking

Know Your Diabetes ABCs Talk to your health care team about how to manage your A1C, blood pressure, and cholesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.

Name five things you can do to stay mentally healthy?
Resilience
How we cope with the setbacks of life
Responding to the rise in mental distress

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