



Investing in Mental Health Towards Healthy Workplaces

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Specialty Care Division | Mental Health
DOH- Disease Prevention and Control Bureau



doh.gov.ph

WHAT IS MENTAL HEALTH?

Mental Health is critically important for everyone, everywhere

- It is integral to our general well-being.
- Everyone has the right to mental health.
- Its is relevant to many sectors and stakeholders.

Mental Health is important to:

CONNECT



FUNCTION



COPE

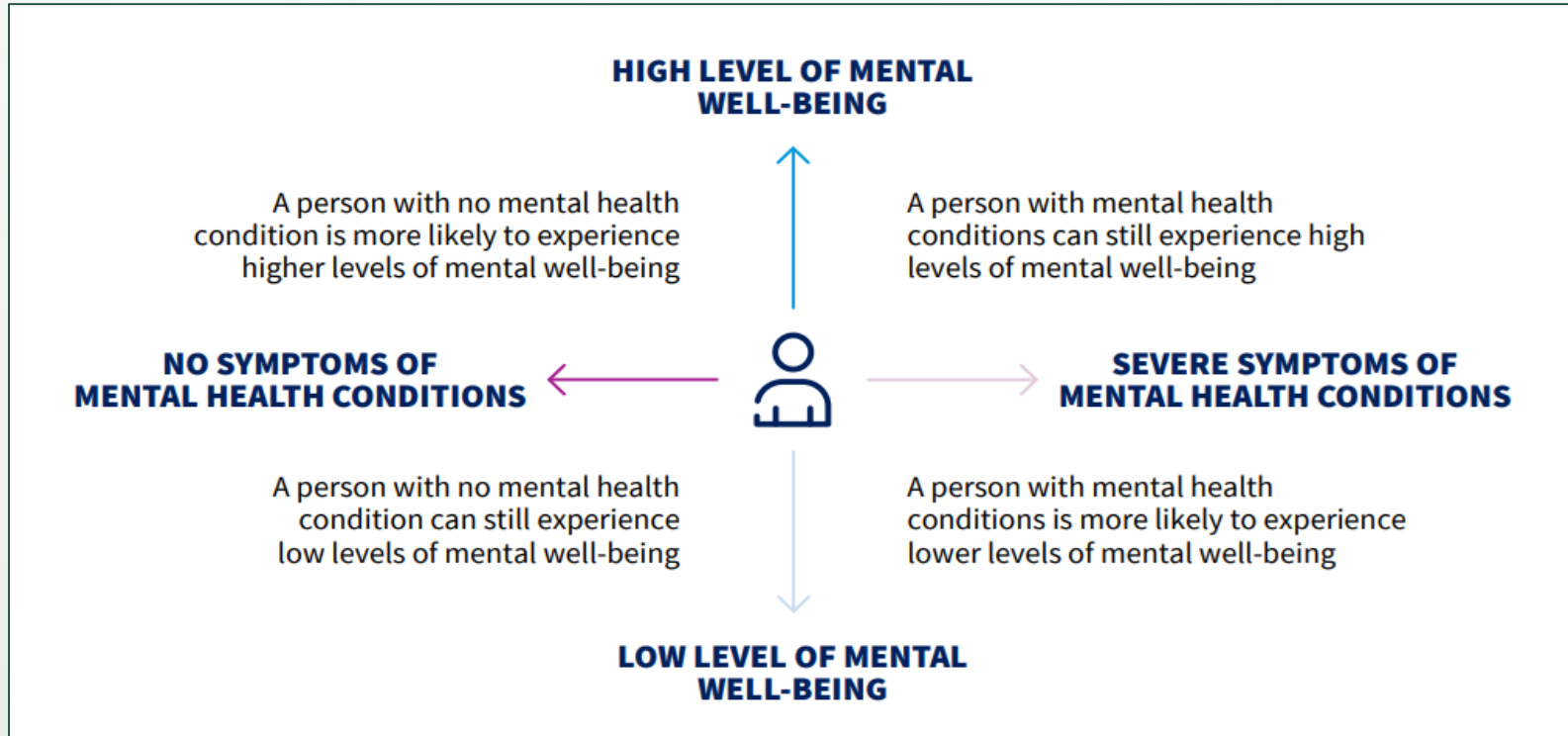


THRIVE



World Mental Health Report slides

MENTAL HEALTH IS NOT A BINARY STATE



World Mental Health Report slides

MHA Objectives



1. Strengthen effective leadership and governance for health



2. Develop and establish a comprehensive, integrated, effective, and efficient national mental health care system



3. Protect the rights and freedoms of persons with psychiatric, neurologic, and psychosocial health needs



4. Strengthen information systems, evidence and research for mental health



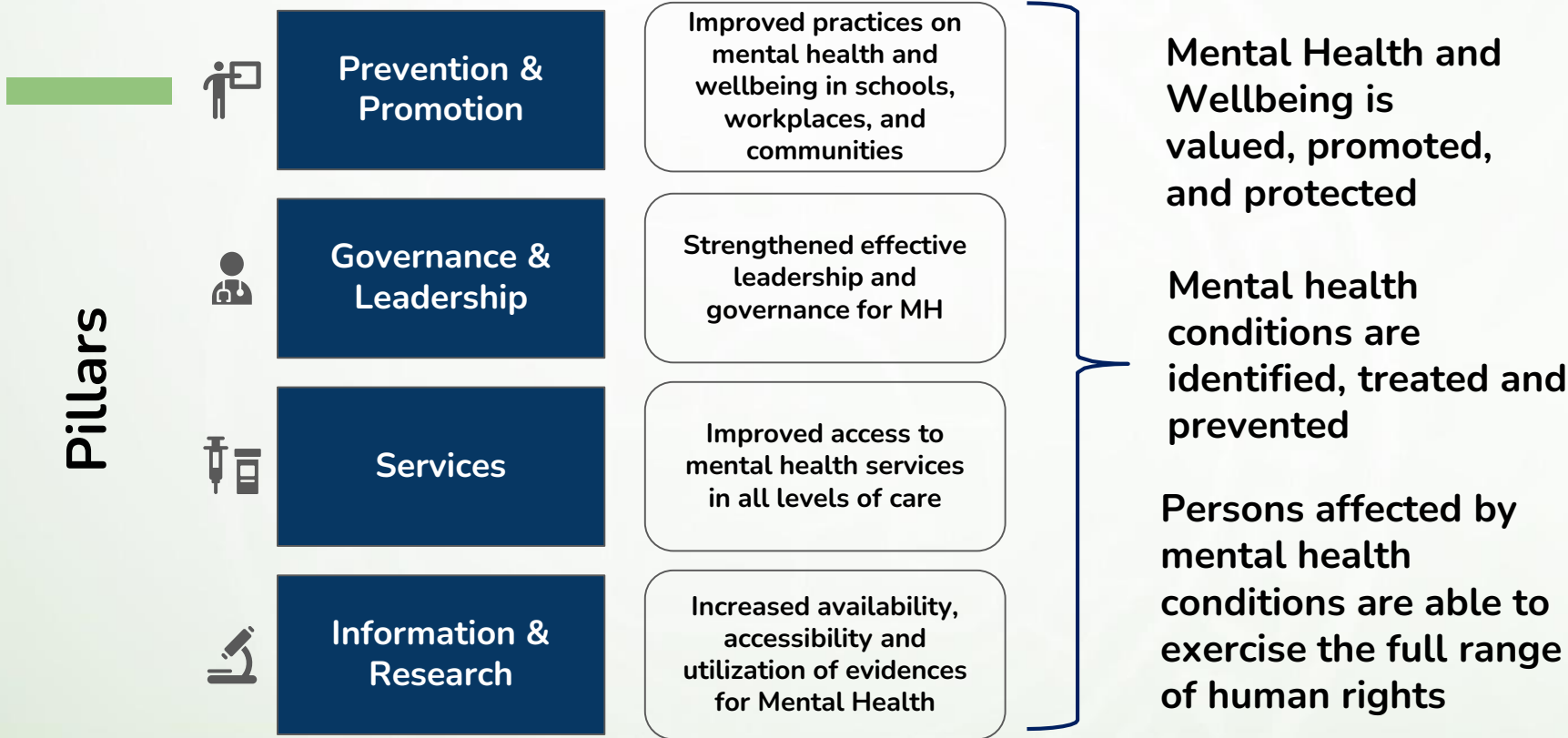
5. Integrate mental health care in the basic health services



6. Integrate strategies promoting mental health in educational institutions, the workplace, and in communities.



Mental Health and Well-being



Top Causes of DALYs* in the Philippines, 2019

| Cause | Rate per 100,000 population | Percentage of Total DALYs |
|---|-----------------------------|---------------------------|
| 1. Cardiovascular diseases | 4,886.20 | 16.76% |
| 2. Respiratory infections and tuberculosis | 2,887.77 | 9.91% |
| 3. Neoplasms | 2,284.23 | 7.84% |
| 4. Maternal and neonatal disorders | 2,252.40 | 7.74% |
| 5. Diabetes and kidney diseases | 1,977.70 | 6.78% |
| 6. Other non-communicable diseases | 1,827.55 | 6.27% |
| 7. Musculoskeletal disorders | 1,807.98 | 6.19% |
| 8. Mental disorders | 1,365.84 | 4.68% |
| 9. Chronic respiratory diseases | 1,163.56 | 3.99% |
| 10. Self-harm and interpersonal violence | 1,114.01 | 3.82% |

Mental disorders of all types ranked **8th** among 22 DALY aggregate cause groupings#.

Self-harm and interpersonal violence of all types ranked **10th** among 22 DALY aggregate cause groupings#.

#Using the **Level 2** and by rate hierarchical classification of the GBD Study 2019; with 22 disease and injury aggregate groupings.

*Measured in **Disability Adjusted Life Years (DALYs)**. DALYs for a disease or health condition are the sum of the years of life lost due to premature mortality and the years lived with a disability due to prevalent cases of the disease or health condition in a population.

Source: Global Burden of Disease Collaborative Network. Global Burden of Disease Study 2019 Results. Seattle, United States: Institute for Health Metrics and Evaluation (IHME), 2020



Types of Mental Disorders, Philippines, 2019

| Rank | Type of Mental Disorder | DALY* rate per 100,000 population | Prevalence |
|------|--|-----------------------------------|------------|
| 1 | Anxiety disorders | 422.53 | 4,398.16 |
| 2 | Depressive disorders | 398.78 | 2,571.93 |
| 3 | Schizophrenia | 180.85 | 279.82 |
| 4 | Other mental disorders | 90.90 | 1,222.09 |
| 5 | Conduct disorder | 80.56 | 660.81 |
| 6 | Bipolar disorder | 69.95 | 322.83 |
| 7 | Autism spectrum disorder | 49.75 | 323.96 |
| 8 | Idiopathic developmental intellectual disability | 35.67 | 952.77 |
| 9 | Eating disorders | 24.19 | 112.06 |
| 10 | Attention-deficit / hyperactivity disorder | 12.66 | 1,037.64 |

*Measured in **Disability Adjusted Life Years (DALYs)**. DALYs for a disease or health condition are the sum of the years of life lost due to premature mortality and the years lived with a disability due to prevalent cases of the disease or health condition in a population.

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RELATED POLICIES AND GUIDELINES

A. LAWS AND POLICIES

- **Legal Basis**
 - **Republic Act 11036 | Mental Health Act of 2018**
 - Enhances the delivery of integrated mental health services, promotion and protection of the rights of persons utilizing psychosocial health services
- **Policies and Standards Developed**
 - **The Mental Health Strategic Plan 2019-2023**
 - Details outputs, key activities, and targets for the first five years of the implementation of the Mental Health Act (2019-2023) and the agencies or sectors responsible for these outputs and key activities at the national, regional, and local levels.
 - **Administrative Order (AO) No. 2022-0004 | Guidelines for Ethical and Responsible Reporting and Portrayal of Suicide in the Media, Audiovisual, and Films**
 - Aims to reduce the incidence of suicidal thoughts, suicide attempts, and deaths by suicide in the country through responsible and ethical reporting and portrayal of suicide and proper handling of suicide events.



A. LAWS AND POLICIES

- **Policies and Standards Developed**

- **Administrative Order (AO) No. 2022-0017 | Guidelines for Informed Consent, Supported Decision Making, Advance Directives, and Legal Representation, in relation to Republic Act 11036, otherwise known as the Mental Health Act**
 - Provide implementing guidelines, systems and procedures for the operationalization of obtaining and documenting informed consent, exceptions to informed consent, advance directive, legal representative, and supported decision making of service users, excluding minors and special populations.
- **Administrative Order (AO) No. 2021-0012 | Implementing Guidelines on the Medicines Access Program for Mental Health (MAP-MH)**
 - Set overall guidelines on the implementation of MAP-MH in access sites such as DOH hospitals, Centers for Health Development (CHDs), Ministry of Health - Bangsamoro Autonomous Region in Muslim Mindanao (MOH-BARMM), Treatment and Rehabilitation Centers (TRCs), and other health facilities.
- **Department Order (DO) No. 2021-0001 | Designation of specialty centers for Mental Health under the Resource Stratified Framework**
 - Provide policy direction for DOH offices and hospitals for the establishment of Specialty Centers and define the role of Specialty Centers in the provision of specialty care services across HCPNs in the country.
- **Administrative Order (AO) No. 2022-0018 | Development and Utilization of the Omnibus Health Guidelines per Lifestage**
 - Provide guidance on an integrated and consolidated approach to health service delivery across various life stage



A. LAWS AND POLICIES

- **Policies and Standards Developed**

- **Memorandum Circular No. 04 s. 2020 | Mental Health Program in the Public Sector**
 - Promote overall mental wellness and provide an inclusive, conducive and supportive work environment for all public servants to ensure healthy and productive workforce.
- **Department Order No. 208 s. 2020 | Guidelines for the Implementation of Mental Health Workplace Policies and Programs for the Private Sector**
 - Aims to guide employers and workers in the private sector for effective implementation of Mental Health Workplace Policies and Programs.
- **Joint Administrative Order (JAO) 2023-0001 | Guidelines on the Creation of the Mental Health Internal Review Board and Providing its Rules of Practice**
 - Provide the implementing guidelines on the creation of IRB for public and private mental health facilities, define the functions of the IRB, and provide the rules for the efficient disposition of matters and cases falling within its scope of authority.



A. LAWS AND POLICIES

- **Policies and Standards Developed**

- **Joint Administrative Order (JAO) 2022-0001 | Guidelines on Healthy Settings Framework in Learning Institutions**

- Provide framework, through coordination of DOh, DSWD, DepEd, CHED, LEB, TESDA, DILG, and LGUs, for the establishment and/or strengthening of healthy learning institutions across life stages in the Philippines in support of the UHC Law.

- **Joint Administrative Order (JAO) No. 2021-0002 | National Policy Framework on the Promotion and Recognition of Healthy Communities**

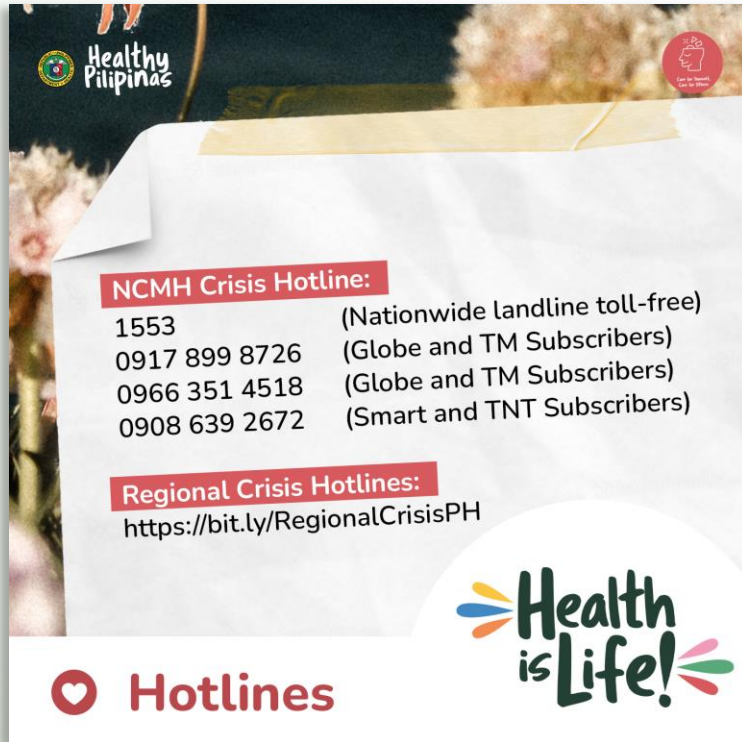
- Aims to provide a policy framework on the promotion and recognition of healthy communities

- **Joint Administrative Order (JAO) No. 2023-0001 | National Policy Framework on the Promotion of Healthy Workplace**

- Promotion, establishment, and strengthening of Healthy Workplaces in support of the implementation of the Universal Health Care Law



Access to basic mental health services



Healthy Pilipinas

NCMH Crisis Hotline:

| | |
|---------------|---------------------------------|
| 1553 | (Nationwide landline toll-free) |
| 0917 899 8726 | (Globe and TM Subscribers) |
| 0966 351 4518 | (Globe and TM Subscribers) |
| 0908 639 2672 | (Smart and TNT Subscribers) |

Regional Crisis Hotlines:
<https://bit.ly/RegionalCrisisPH>

Hotlines

Health is Life!

Nationwide and regional hotlines available



Healthy Pilipinas Health is Life!

October is Mental Health Month

Self-care also means
**accessing
mental health
care services**

Layunin ng Mental Health Act na mas mailapit sa atin ang iba't ibang serbisyo at interventions para mapangalagaan natin ang ating mental health!

DOHHealthyPilipinas @DOHgovph healthypilipinas.ph (02) 894-COVID / 1555

362 sites nationwide; 27 medicines provided

SERVICE DELIVERY


LIST OF TRAININGS FOR HEALTH AND NON-HEALTH PERSONNEL

| | Objective | Target Audience | Mode of Learning | Remarks |
|------------------------------|--|--|--|--|
| MHPSS | provides basic understanding on MHPSS and build the core competencies of service providers based on the Inter-Agency Standing Committee Pyramid of Intervention | MHPSS Service Providers both from the government and non-government agencies | Basic training available at DOH academy; conducts face-to-face training to select LGUs with WHO assistance | HEMB led |
| mhGAP | scaling up care for MNS disorders; expand mental health services that can be provided in non-specialized health settings particularly on primary care by providing massive capacity building | primary care facilities personnel like doctors, nurses, and other health workers as well as health planners and managers | conducts face-to-face and virtual training to select LGUs with WHO assistance | Face to face training for the identified SIMH focus sites (Ilocos, Cordillera, Western Visayas, Eastern Visayas and Caraga) thru Technical Assistance from WHO |
| Tulong, Alalay, Gabay | community based mental health education approach as prevention, early intervention, and crisis intermediation tool in the Philippines. | General public, advocates, supporters, mental health service providers within and outside health sector | Basic training available at DOH academy | For review and evaluation following the competency and capacity development framework to be developed. |
| WHO Quality Rights | improve the quality of care provided by mental health services and promote the human rights of people with psychosocial, intellectual and cognitive disabilities; offers a new approach to mental health care which is rights-based and recovery- oriented | General public, advocates, supporters, mental health service providers within and outside health sector | Online training at WHO website | WHO-Led |




SERVICE DELIVERY

LIST OF TRAININGS FOR HEALTH AND NON-HEALTH PERSONNEL

| | Objective | Target Audience | Mode of Learning | Remarks |
|---|--|---|------------------------|---|
| Leadership training for LGUs | To strengthen the capacity of the LCEs towards improving the local health system in the context of Universal Health Care and Mental Health Act | Selected Local Chief Executives | Online | Developed the Modules but was not pilot tested because of unavailability of the target LCE participants; For review and evaluation following the competency and capacity development framework to be developed. |
| PWLEs | To capacitate Persons with Lived Experience on mental health advocacy and leadership | Persons with Lived Experience | Online | Pilot tested the elearning course; For review and evaluation following the competency and capacity development framework to be developed. |
| IRB  | To capacitate selected Facilities with Mental Health Services in establishing their Internal Review Board | Mental Health Facilities, Commission of Human Rights, Centers for Health Development, Service User Organization | Online Face to face | Pilot testing conducted for the Basic IRB training; Pilot testing conducted for the TOT 2023 roll-out |

SERVICE DELIVERY

LIST OF TRAININGS FOR HEALTH AND NON-HEALTH PERSONNEL

| | Objective | Target Audience | Mode of Learning | Remarks |
|--|---|---|------------------|---|
| CBMH | To capacitate non-mental health specialists to deliver basic mental health services at the community level. | Local Health Official in the LGU, municipal health workers, community nurses/midwives, barangay health workers, social workers and other relevant community stakeholders | Face to face | Conducted i batch of Pilot trainings for LGU's: <ol style="list-style-type: none"> 1. Tolosa Leyte 2. Sta. Barbara ,Iloilo 3. New Washington ,Aklan 4. Muntinlupa City, NCR BARMM roll out in 2023 |
| Ethical reporting of Suicide | To capacitate media providers to responsibly portray and report on suicide | Media organizations, national government agencies, and support organizations with media monitoring and review functions | Face to face | Conducted pilot sessions for module development: <ol style="list-style-type: none"> 1. National government agencies 2. Media organizations 3. Media support organizations |
| Suicide Prevention Training in Schools  | To develop and conduct a pre testing of basic training modules on Suicide Prevention in Schools, focused on early identification, assessment, management and follow-up for those affected | Teaching and non-teaching staff (teachers, guidance designates, principals, guidance counselors, administrative assistant, child protection committee member, nurse, doctors etc,) | Face to Face | Pre-tested the modules on 52 participants, from teaching and non-teaching staff from DepEd CAR (including DOH, Deped, WHO tech staff) For review and evaluation following the competency and capacity development framework to be developed. |

PHILHEALTH PACKAGES

- **Outpatient Benefits Package for Mental Health (PhilHealth Circular No. 2023-0018: Outpatient Benefits Package for Mental Health)**
 - **General Mental Health Service Package (PhP 9,000)**
 - Inclusion: Screening, assessment based on mhGAP, diagnostics, 12 follow-up visits (at most), psychoeducation, psychosocial support, medicines currently provided under the MAP-MH
 - Prospective providers: Primary Care facilities
 - **Specialty Mental Health Service Package (PhP 16,000)**
 - Inclusion: Assessment, specialist diagnostics, 12 follow-up visits (at most), psychotherapy, medicines currently provided under the MAP-MH
 - Prospective providers: Level 2 and 3 facilities with the required specialist (psychiatrist, neurologist and psychologist)



Healthy Communities

Health promotion playbook
for mental health to assist LGUs in setting up
community level social support structures



Lusog-Isip Application
10, 341 users as of Dec 31, 2022





Integrating Mental Health into Community and Workplace Settings

Opportunities and Ways Forward



Mental health risks and protective factors

RISKS

*undermine
mental health*



Individual

genetic factors, unhealthy and risky behaviors, body dissatisfaction

Family and Community

Sexual abuse and violence, emotional and physical abuse and neglect, poor living conditions, dangerous neighborhood, difficult family relationships, job strain, job loss and unemployment

Structural

poor quality infrastructure , poor access to services , injustice, discrimination and, social exclusion, social, economic, and gender inequalities, conflict and forced displacement

PROTECTIVE FACTORS

enhance mental health



Genetic factors, interpersonal, social and emotional skills, sense of self-worth and mastery, good physical health, physical activity

positive family relationships , physical security and safety, positive social networks, quality education, school level policies for well-being, social capital and social supports, green spaces

good quality infrastructure, equal access to services, quality natural environment, social justice and integration, income and social protection, social and gender equality

Opportunities to Address Long Standing Gaps and Build Preparedness

Shift in focus from specialized services to integration into general health and community settings.

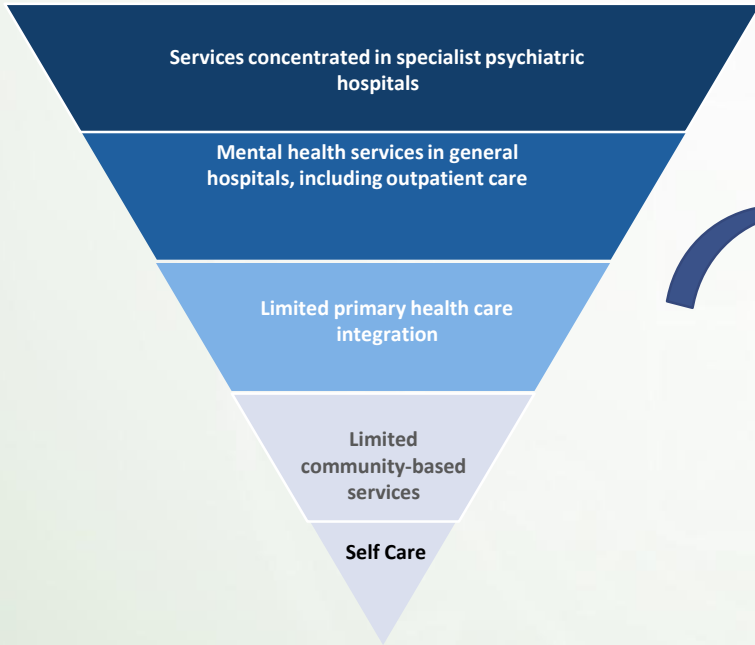
Address longstanding, existing gaps in service mix, coverage and quality

Build preparedness and strengthen system capacity in context of 'new normal'

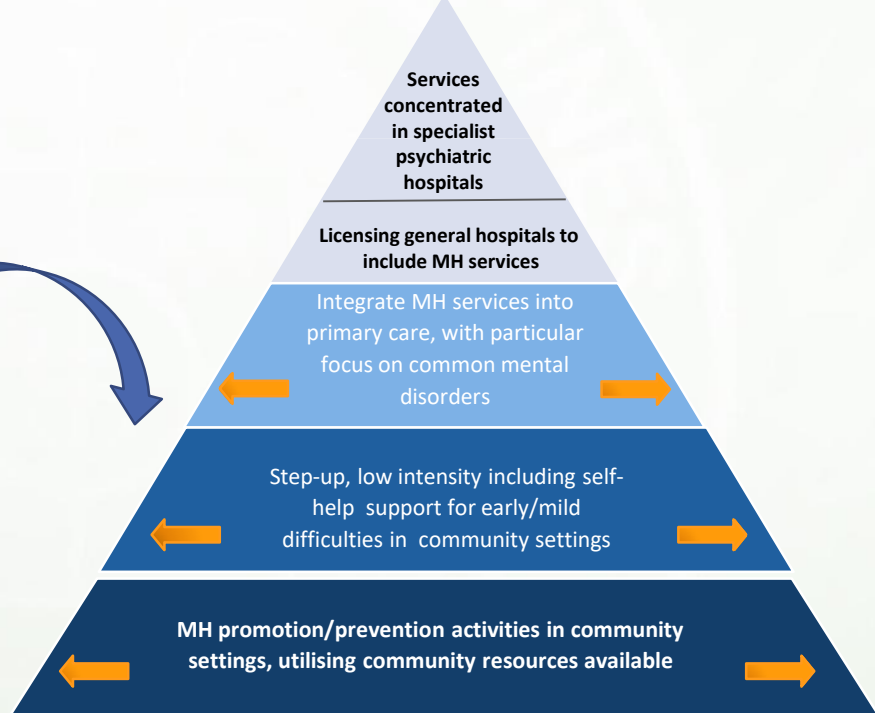
Stronger mental health system for the future

Opportunity to Shift Mix

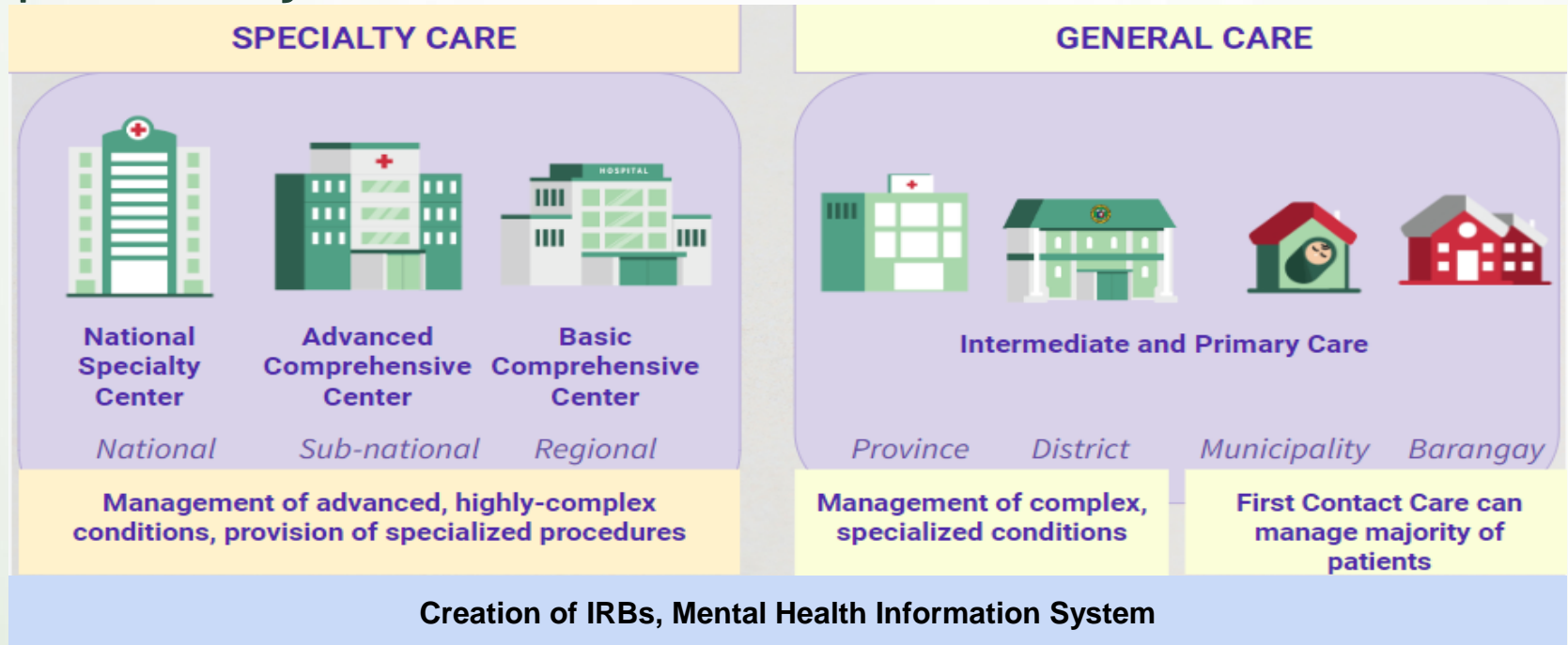
CURRENT REALITY



DESIRED REALITY



Opportunity to Shift Mix



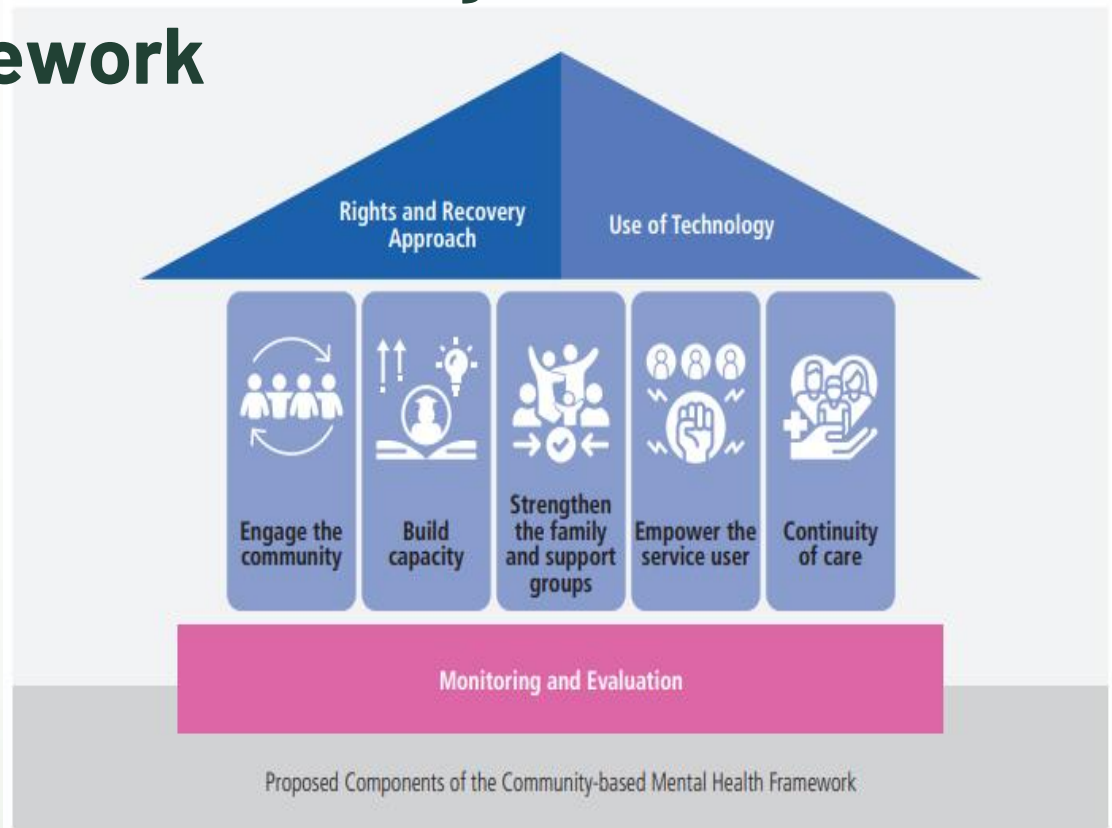
mhGAP training, leadership and advocacy for PWLEs; adoption of Live Life Strategy, Innovative Cap build for LCEs, and training package for community based mental health in select pilot sites

LGUs as champions of community based mental health | CBMH Framework

Shift in focus from specialized services to integration into general health and community settings.

Pilot sites for CBMH

Muntinlupa
New Washington, Aklan
Tolosa, Leyte
Santa Barbara, Iloilo

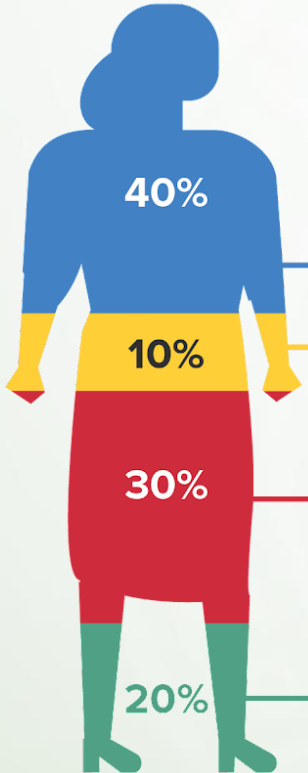


What makes Filipinos healthy?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complete Problems (October 2014)

Health Promotion Framework Strategy 2030



Multi-Sectoral

Protecting and enabling Filipinos to care for self & community

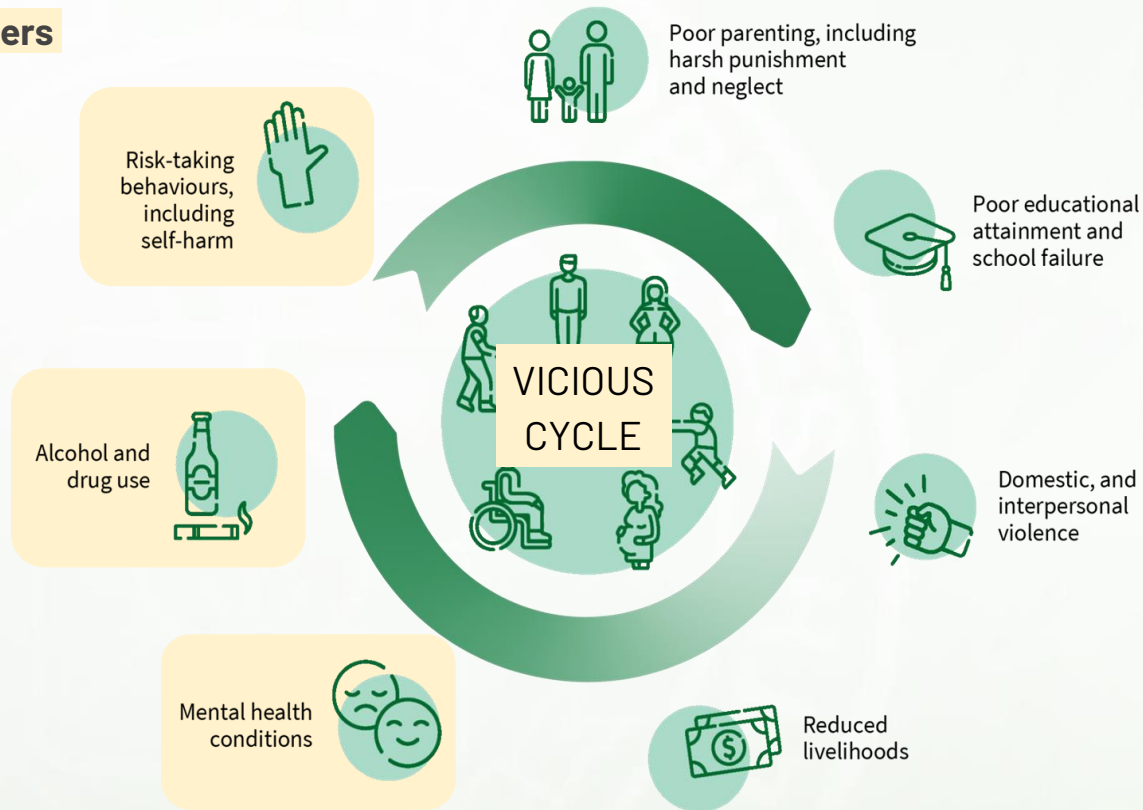
Health Sector

Taking care of Filipinos when needed

Mental-Neurologic-Substance Use Disorders

Mental health & substance use are inextricably linked.

Both share underlying causes - brain composition, genetic vulnerabilities, and early exposure to stress or trauma



Mental Health is Beyond the Health Sector: What Can We Do?

- **Push for local ordinances supporting our service users (mental health clients) and the general population**
- **Advocacy for upholding human rights**
- **Support to non-health settings**
 - early detection and intervention in schools and workplaces
 - mental health care in justice systems (SC CARES Program)
- **Support to key social services**
 - Child protection
 - Education and training
 - Supported housing
 - Access to employment
 - Social benefits (maternity, disabilities, unemployment, pensions)
- **Intensify awareness and education programs**
 - Continue conversations on mental health e.g. local health boards, local health councils
 - Advocate for healthy behaviors and addressing the social determinants of health
 - Orienting barangay officials and other members of the community and key decision makers

How do we get there, faster?

Ginhawa ng
isip at damdamin.

6



Objective
Statement

Enhance Filipinos' well-being
and ensure quality mental
health services



Build capacities across all settings



Bring services closer to people



Increase available financing



Meaningfully engage service users



Address policy barriers & apply EBM



1a

Building capacity for health service delivery



Improved access to mental health services in all levels of care



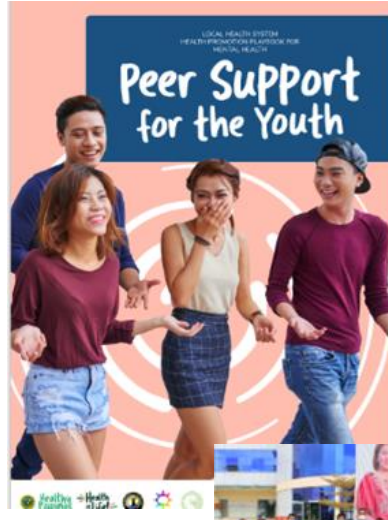
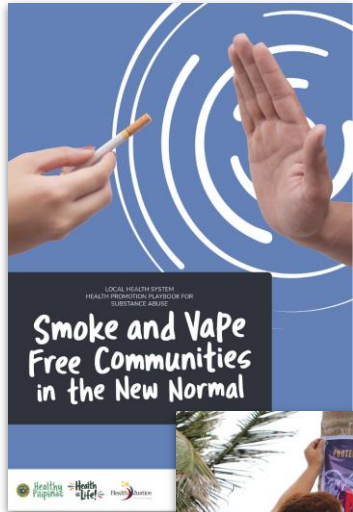
362 access sites nationwide with 27 mental health medicines; 161,570 service users served in 2022



75 mental health facilities (23 specialty care centers; 52 acute and custodial care facilities) nationwide

1b

Build capacities in workplaces, schools, communities and primary care providers, emphasizing LGU leadership



COMMUNITY-BASED MNS PREVENTION TREATMENT REHABILITATION PLAYBOOK



Republic of the Philippines
Department of Health
/doh.gov.ph

Build capacities in workplaces, schools, communities and primary care providers, emphasizing LGU leadership

Workplaces

HCW and Administrators



Schools

Teachers, School personnel,
learners' capacity to engage in
MH activities



Primary Care Providers

mHGAP, Quality Rights



QualityRights

2a

Bring information and services to people using innovative delivery models

Lusog-Isip Application
for Adults

Lusog-Isip Web
for Students



2b

Bring information and services to people using innovative delivery models

1553 Luzon-wide landline toll-free

1800-1888-1553
Landline for Visayas and Mindanao

Unli calls for Smart / TNT / Sun
Must have a minimum load balance of 7.50 for prepaid subscribers.

#HandangMakinig

Kanusta ka? Tara, usap tayo!

1553 0917-899-USAP (8727) 0908-639-2672 (SMART)

ncmhcrisis hotline ncmhhotline

CRISIS HO+LINE
National Center for Mental Health

Mental Health Specialty Centers Growth Plan

| | |
|------|----|
| 2023 | 14 |
| 2024 | 20 |
| 2025 | 23 |

Psychological Association of the Philippines 1962

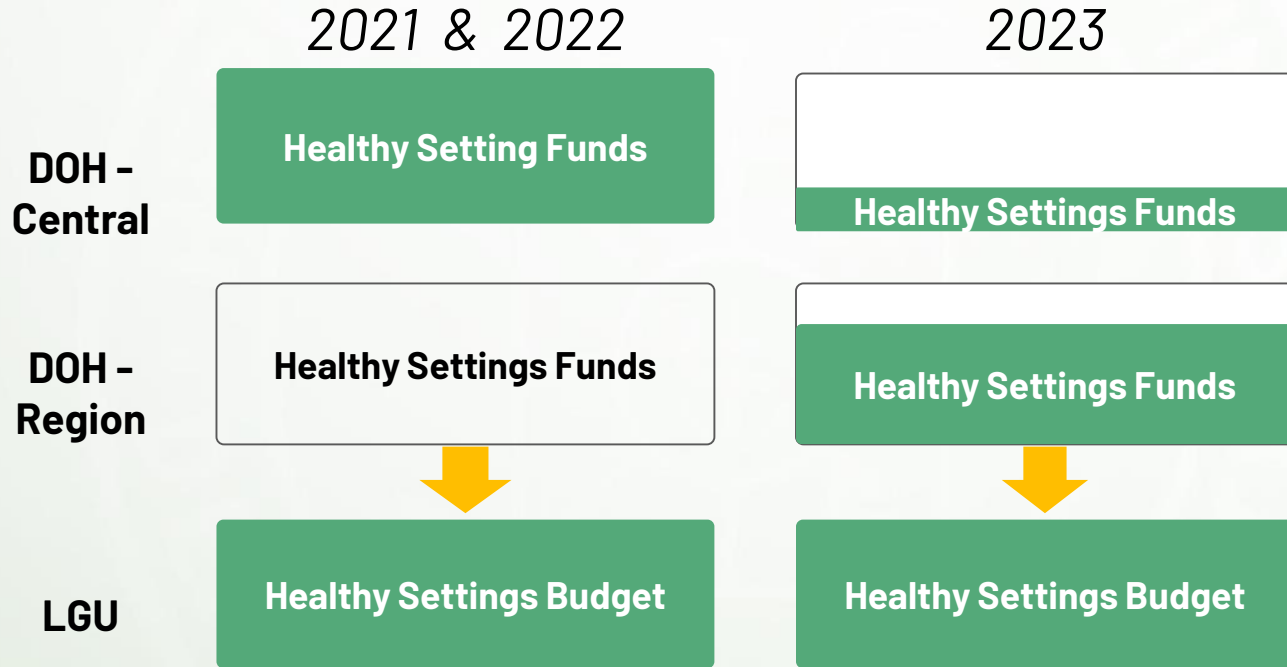
Philippine Mental Health Association Enhancing Well-being since 1950

MedGrocer

konsulta MD

3a

Increase financing for **population-based** and individual-based health services



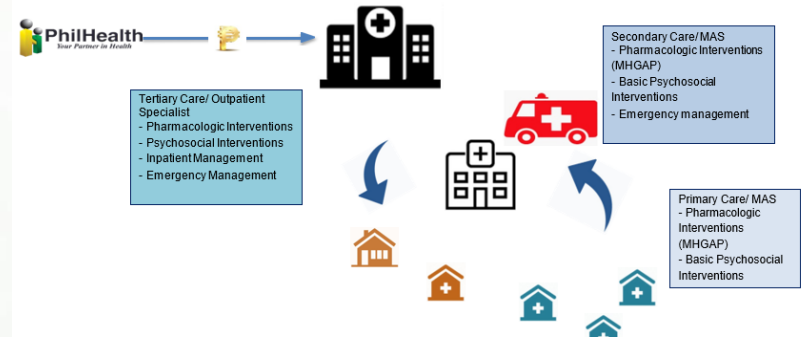
3b

Increase financing for population-based and individual-based health services

Current PhilHealth benefit packages for mental health covers mental health conditions such as dementia, bipolar disorders, schizophrenia and anxiety disorder under Mental and Behavioral Disorders by in-patient admission under all case rate (ACR) amounting to Php 7,800.00.

| General Mental Health Service Package | Specialty Mental Health Service Package |
|---|--|
| Php 9,000 | Php 16,000 |
| Screening, assessment (mhGAP) diagnostics, 12 follow-up visits, psychoeducation, psychosocial support | Assessment, specialist diagnostics, 12 follow-up visits, psychotherapy |
| Primary Care facilities | Level 2 and 3 facilities with the required specialist (psychiatrist, neurologist and psychologist) |

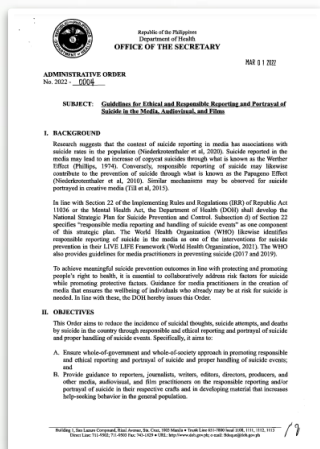
Proposed Health Financing through Networks



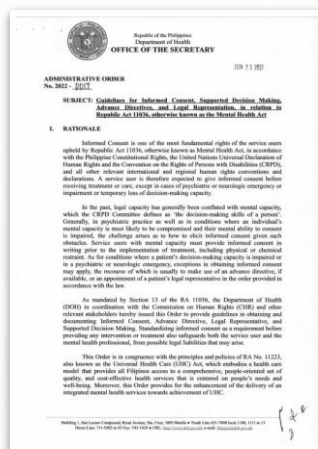
Meaningfully engage service users



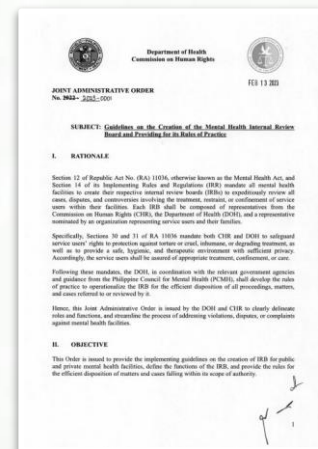
Protect the rights and freedoms of persons with psychiatric, neurologic, and psychosocial health needs



Guidelines on Ethical and Responsible Reporting and Portrayal of Suicide in Media



Guidelines for Informed Consent, Supported Decision-Making, Advance Directives, and Legal Representation



Guidelines on the Creation of the Mental Health Internal Review Board and Providing for its Rules of Practice

The Philippine Council for Mental Health Strategic Framework 2024-2028



Vision



Mental Health and Wellbeing for All Filipinos

Mission

Value, promote and protect the basic right of all Filipinos to Mental Health and Wellbeing, and provide comprehensive, integrated, accessible and quality Mental Health programs and services

Guiding Principles

*Biopsychosocial & Spiritual | Equitable | Comprehensive
Integrated & Balanced Care | Protecting Rights | Life Stage Approach*

Impact

Promotion of Mental Health and Wellbeing and Reduce Premature Mortality

Prevention and Treatment of Substance Abuse

Reduce Vulnerability of Individuals and Communities

Strategic Focus



Risk Reduction of Suicide



Improved Outcomes of Persons with Mental Health Conditions (Developmental, Neurologic and Psychiatric) specially Chronic Conditions



Improved Access for PWUDs to MNS Care and Aftercare



Improved Mental Health Literacy



Improved Financial Risk Protection for MNS Services



Improved Access and Service Delivery for People Experiencing Extreme Life Events

Universal Access to Quality MNS and Well-being Programs, Services, and Rights-based Socio-economic Development through Intersectoral Action

Core Processes



Intersectoral Work of PCMH (TWGs, Regional Councils, Legislators, SUOs)



Health-enabling Learning Institutions, Workplaces, and Communities



Access to Quality, Crisis-resilient MNS Programs and Services



Available and Affordable MNS Medicines



Enhanced MNS Benefit Packages



Ensuring Rights and Social Protection of Service Users and Families

Support Processes

POLICY AND GOVERNANCE

Improved Leadership and Governance of PCMH Secretariat, TWGs, Regional

Effective LGU Engagement

Responsive MNS Policies and MOPs Aligned with UHC

RESEARCH AND INFORMATION SYSTEM

Quality MNS Research and Development and Dissemination

Integrated MNS Information System

PROGRAMS

Integrated CBMH, CBDR, MHPSS, mhGAP, QualityRights, and other programs

Expanded MAP-MH

RESOURCES

Increased Budget Allocation for MNS and Social Protection

Adequate, Competent, and Resilient MNS Service Providers

Para sa
**Healthy
Pilipinas**

