

THE NEW MIND-SET CLIMATE

Friends of Mental Recovery International for **“The New Mind-Set Climate”**

MRI Main objectives.

Mental Recovery International is an NGO that promotes mental health wellbeing for children, youth, adults and people living with disability in Kenya.

Since its inception by a group mental health professionals and volunteers in 2017, MRI has dedicated all its efforts to ensure that for communities to live happily and developed, they must first live healthily.

Mental Recovery International and its partners during a visit by a team of IASIS Amke Athens from Greece resolved that for mental health to be achieved, there should be a spectrum of factors that aim to promote and prevent various kinds of mental issues. MRI therefore, emphasizes on much need to face and deal with mental health through activities that can at the end create a new mind-set climate for people to live happily and this include but not limited to;

- Sports health,
- Capacity buildings,
- Arts and culture,
- Training of mental health professionals
- Skill building programs
- Child and youth development programs
- Rehabilitation and other relevant interventions.

Mental Health Promotion and Prevention

The terms mental health promotion and prevention have often been confused. Promotion is defined as intervening to *optimize* positive mental health by addressing determinants of positive mental health before a specific mental health problem has been identified, with the ultimate goal of improving the positive mental health of the population. Mental health prevention is defined as intervening to *minimize* mental health problems by addressing determinants of mental health problems before a specific mental health problem has been identified in the individual, group, or population of focus with the ultimate goal of reducing the number of future mental health problems in the population. Mental health promotion and prevention are at the core of a public health approach to children and youth mental health which addresses the mental health of all children, focusing on the balance of optimizing positive mental health as well as preventing and treating mental health problems.

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Promotion

Mental health promotion attempts to encourage and increase protective factors and healthy behaviors that can help prevent the onset of a diagnosable mental disorder and reduce risk factors that can lead to the development of a mental disorder. It also involves creating living conditions and environments that support mental health and allow people to adopt and maintain healthy lifestyles or a “a climate that respects and protects basic civil, political, socio-economic and cultural rights is fundamental to mental health promotion. Without the security and freedom provided by these rights, it is very difficult to maintain a high level of mental health.”

According to our proposal, mental health can be promoted through;

- early childhood interventions (e.g., home visits for pregnant women, pre-school psychosocial activities);
- providing support for children (e.g., skills building programs, child and youth development programs);
- programs targeted at vulnerable groups, including minorities, indigenous people, migrants, and people affected by conflicts and disasters (e.g., psychosocial interventions after disasters);
- incorporating mental health promotional activities in schools (e.g., programs supporting ecological changes in schools and child-friendly schools);
- violence prevention programs; and, among others,
- community development programs.

Positive youth development is defined by Friends of Mental Health International as an intentional, pro-social approach that;

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- engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive;
- recognizes, utilizes, and enhances youths' strengths; and
- promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.

It provides a lens for promoting the mental health of youth by focusing on protective factors in a young person's environment, and on how these factors could influence one's ability to overcome adversity. Learn more about positive youth development.

Prevention

Prevention efforts can vary based on the, audience they are addressing, level of intensity they are providing, and the development phase they target. Figure 1 depicts the different types of prevention as defined by the World Health Organization. As prevention efforts move from universal prevention interventions to treatment they increase in intensity and become more individualized.

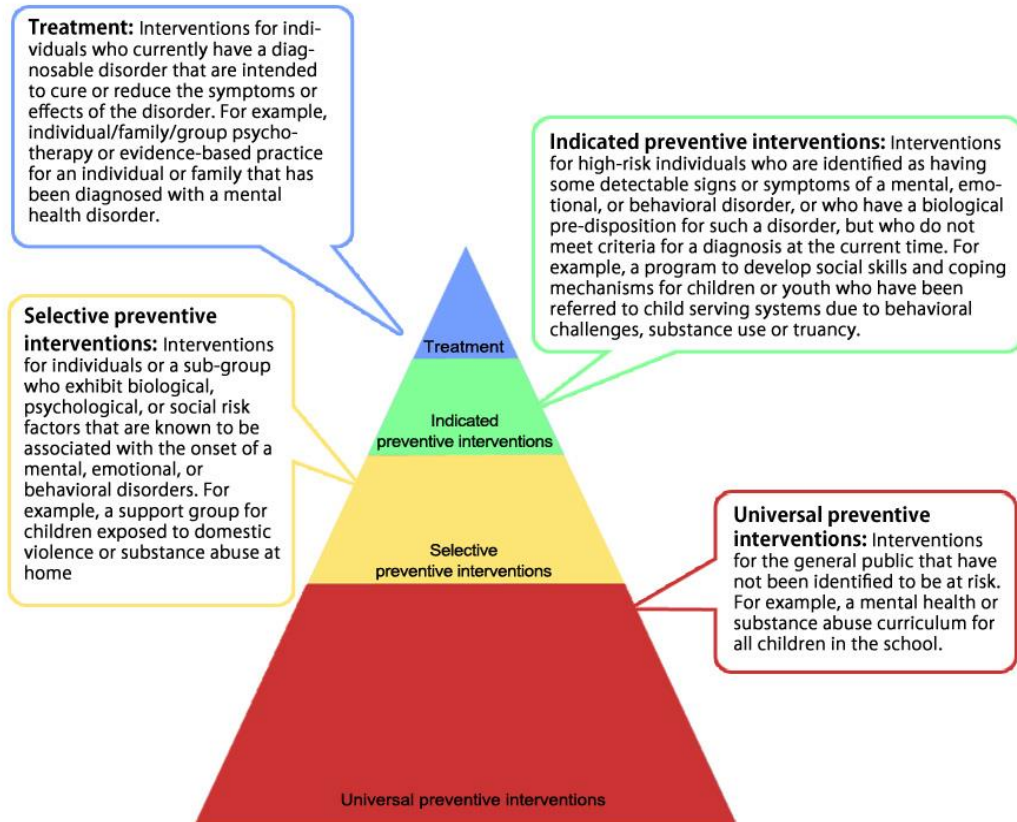
Figure 1: Levels of Intervention

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Interventions may vary not only based on level of intensity, as seen in Figure 1, but also on the development phase of the youth. Figure 2 provides examples of preventive interventions for each of the developmental stages through young adulthood.

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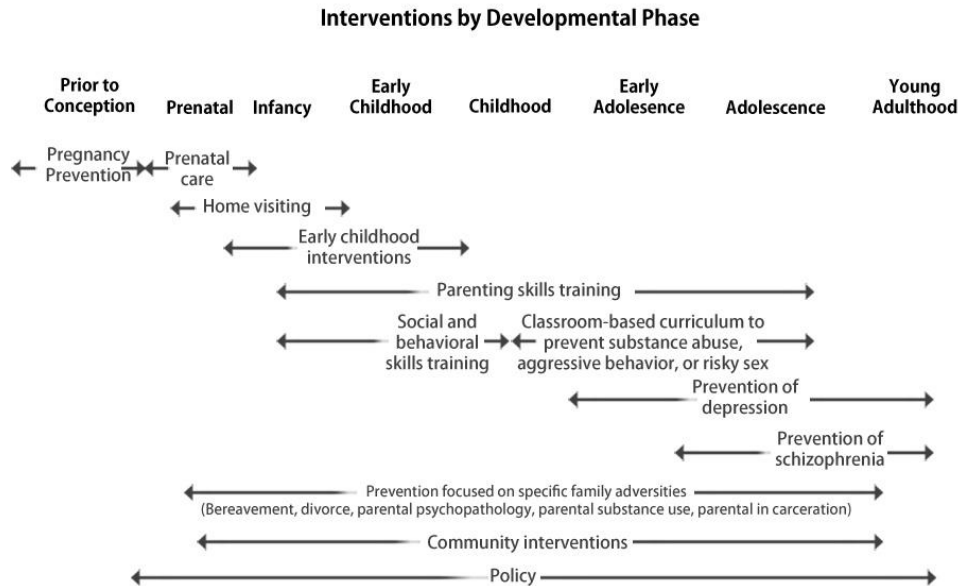


FIGURE II-1 Interventions and their targeted developmental stages.

Day Care Center as a Resource Center

Day care for people with severe mental disorders has three main functions: **to provide an alternative to inpatient care, shorten its duration and promote recovery and maintenance in the community**

Day care is considered to be an important component of psychiatric services, but the evidence on different forms of day care is not easy to interpret. This concept evaluates five main forms of day care for adults with severe mental disorders:

- Acute psychiatric day hospital care,
- Transitional psychiatric day hospital care,
- Vocational rehabilitation programs (supported employment and pre-vocational training),
- Day care centers and
- Drop-in centers.

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The public health impact of mental illness is substantial, for example, the disability-adjusted life-years attributable to mental disorders in 2000 comprised 11.6% of total disability in the world. In affluent and developing countries alike, day care is becoming an important component of services for people with severe mental disorders. “Severe mental disorders” and “day care” are both complex terms. For the purposes of this review, people with severe mental disorders will be defined as those suffering from:

- Acute functional psychiatric disorder to a degree that would normally require inpatient care, or
- Chronic functional psychiatric disorder to a degree that causes substantial social disability. Hence this review will not be addressing day care for people with: substance abuse disorders, organic brain disease, personality disorders or eating disorders. The term “day care” is not easily defined and is best clarified by first defining the functions of day care and then relating these to the various structures to provide them.

Day care for people with severe mental disorders has three main functions:

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- shorten its duration and
- promote recovery and maintenance in the community.

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Community Components of Mental Health Programs

1. Why?



- Primary care facilities are not accessible
- Involvement of family
- Enhance adherence
- Integration with social and economic activity

2. Where?



- Homes
- Schools
- Community centers
- Digital or other technological platforms

3. What?



- Raising mental health awareness
- Psychoeducation
- Skills training and psychosocial rehabilitation
- Case management
- Psychological treatments

4. Who?



- Community health workers
- Nurses, other health workers
- Teachers, religious leaders, professionals
- Lay counsellors, trained peer workers

5. How?



- Consultation with service users
- Community-based case finding
- Training and supervision for non-specialists
- Integration into other service platforms
- Monitoring implementation barriers

6. Harms and risks?



- Economic costs
- Low fidelity with non-specialists
- Stigmatization of providers
- Burden for providers with other obligations

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