

The Conceptual Framework for Mental Health in the Philippines.

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This Presentation:

- *1. The Mental Health Situation: challenges for MH in the Philippines*
- *2. The Philippine Mental Health Law*
- *3. Resolution 2020-003 of the Philippine Council for Mental Health:
The Conceptual Framework for Mental Health in the Philippines:*

The Director General of the WHO
"World Psychiatry" of the WPA
calls attention :

"More than ever, it is urgent to address the MH of the population,

Mental disorders : ARE persistent, prevalent and burdensome worldwide

Aggravating this, ARE the psychosocial problems among the increasing number of survivors of extreme life experiences (disasters, violence in the home and the streets, in whole communities

now the pandemic , pushing the people to their limits of endurance.





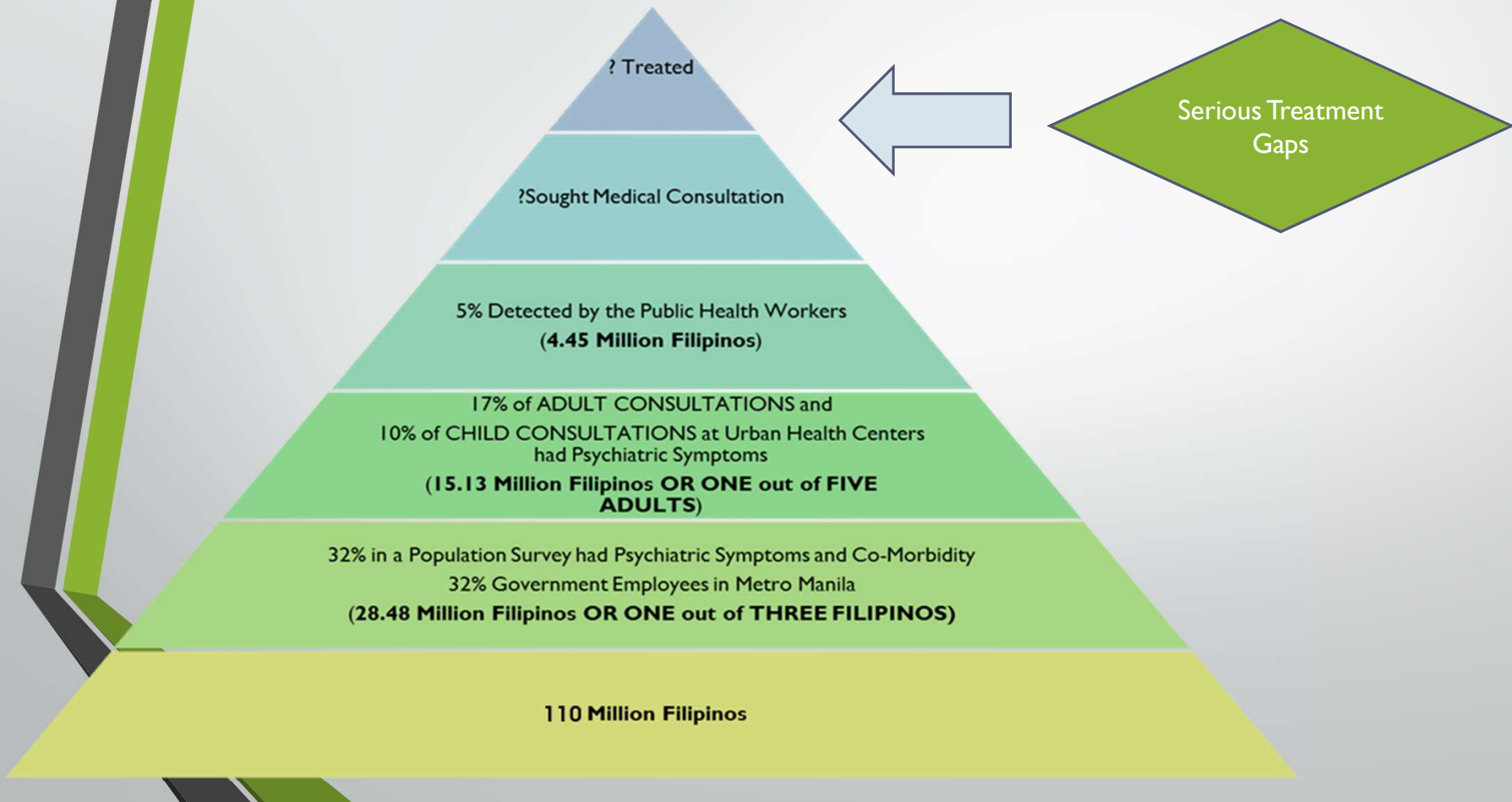


THE PREVALENCE IS EVEN HIGHER AMONG AT RISK POPULATIONS

- OFWs
- Children in Difficult Circumstance
- Survivors of Domestic Violence
- Survivors of Extreme Life Experience.,
- Now: the pandemic



The Philippine MH Situation:





the resources to deliver MH care continue to be

insufficient, inadequately utilized generally inaccessible, to patients, a majority remaining untreated

their conditions, aggravated by adversities,

The need for a reorientation for MH, the adoption of a broader conceptual framework to recognize the multidimensional nature of the challenges in MH which highlights the interconnectedness of the individual and his environment.



Mental Health Act: RA 11036

- An Act establishing a National Mental Health Policy for the purpose of:
 - Enhancing the delivery of integrated mental health services
 - Promoting and protecting the rights of persons utilizing psychiatric, neurologic and psychosocial health services
 - Appropriating funds therefore and for other purposes

Declaration of Policy: The State affirms the basic right of all Filipinos to mental health as well as the fundamental rights of people who require mental health services.



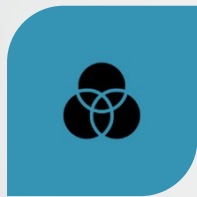
Objectives of the MH Act

- A. Strengthen effective leadership and governance for mental health.
- B. Develop and establish a comprehensive integrated effective and efficient national mental health care system, responsive to the psychiatric, neurologic and psychosocial needs of the Filipino people
- C. Protect the rights and freedoms of persons with psychiatric, neurologic and psychosocial health needs,
- D, Strengthen information systems, evidence and research for mental health,
- E. Integrate mental health care in the basic health services and,
- F. Integrate strategies promoting mental health and well-being in educational institutions, the workplace and in communities.

Highlights of the Philippine Mental Health Law



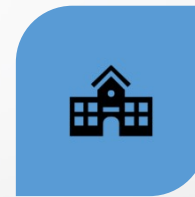
RIGHTS BASED



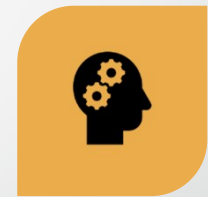
INSTITUTIONAL
REFORMS FOR
BETTER
GOVERNANCE AND
LEADERSHIP



DEINSTITUTIONALI
ZATION AND
EMPHASIS ON
COMMUNITY MH
SERVICES



INTEGRATION and
PROMOTION OF
MH INTO
EDUCATIONAL
INSTITUTIONS AND
WORKPLACES,
AND THE
COMMUNITY.



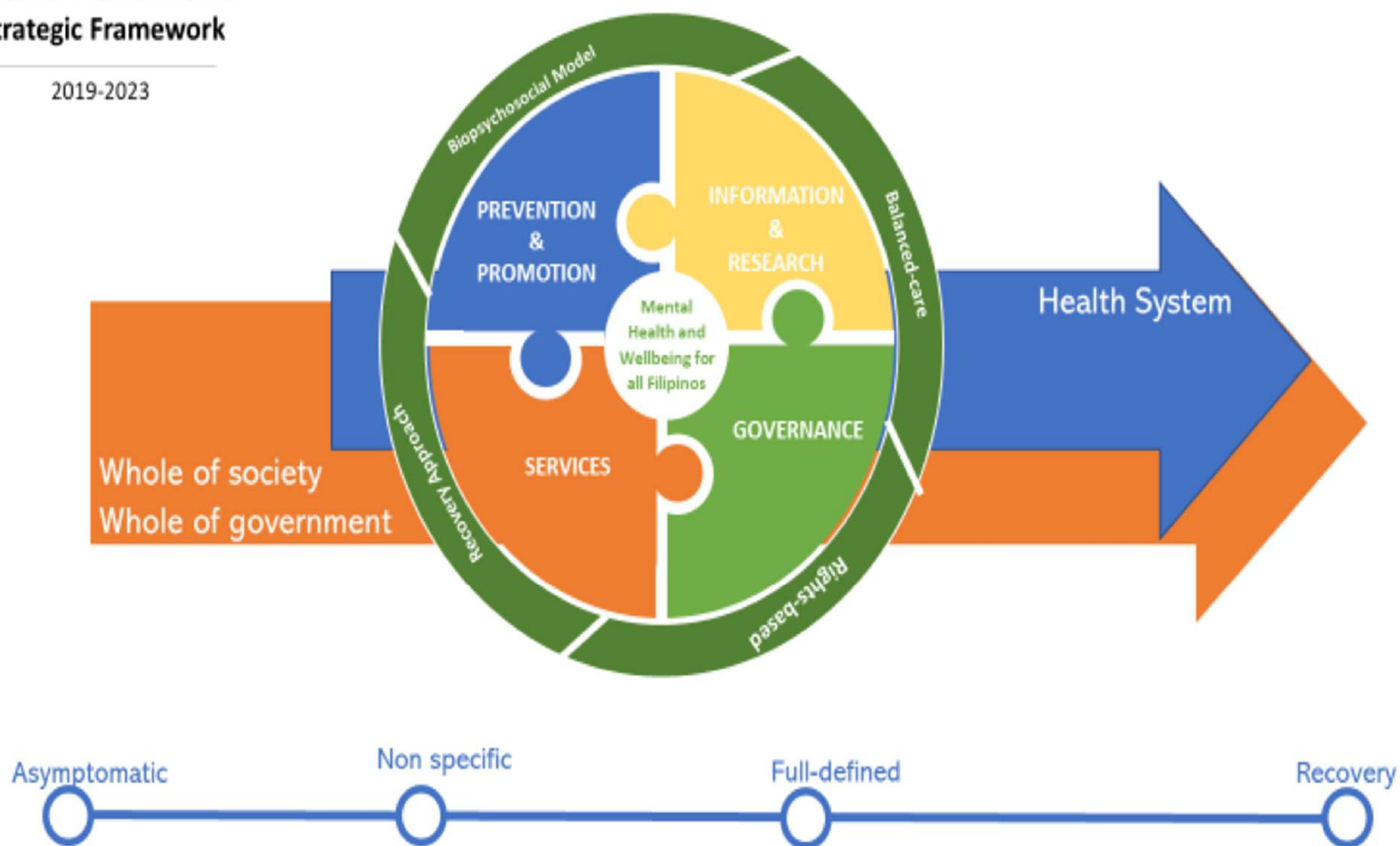
IMPROVEMENT OF
MH
INFORMATION,
EVIDENCE BASE
AND
INSTITUTIONAL
CAPACITIES

The Philippine Council for MH

- Sec 40 of RA 11036:
 - *The Philippine Council for Mental Health , herein referred to as the Council, is hereby established as a*
 - *policy making, planning, coordinating, and advisory body attached to the DOH to oversee the implementation of this Act.,*
 - *particularly the protection of rights and freedoms of persons with psychiatric neurologic and psychosocial needs and ,*
 - *the delivery of a national unified, integrated accessible mental health services responsive to the needs of the Filipino people.*

National Mental Health Strategic Framework

2019-2023



Capacity Building:

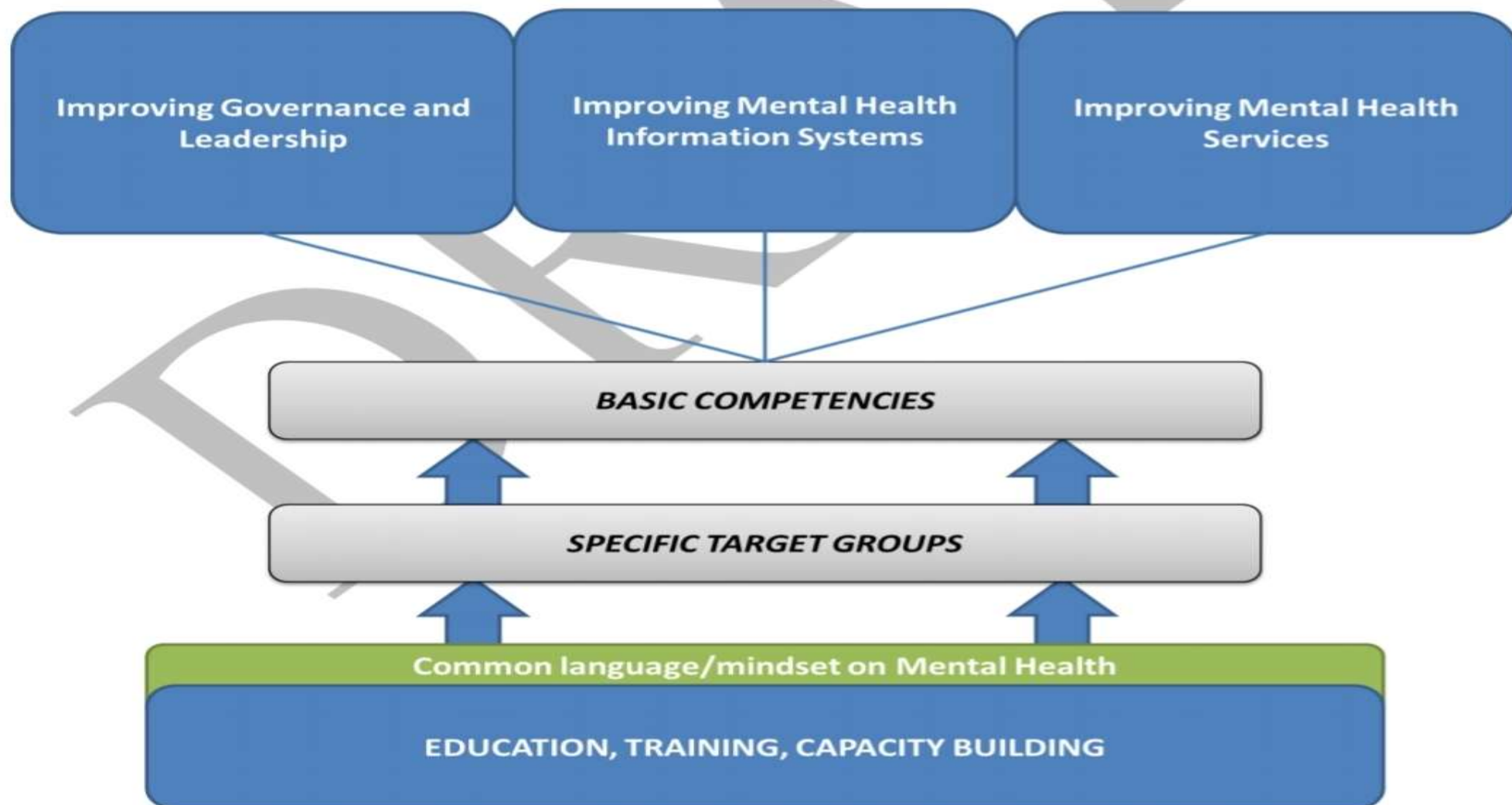


Figure 1. Framework for the PCMH Capacity Building Program

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Mental Health

***Mental Health is the state of well-being in which the individual realizes one's own abilities and potentials, copes adequately with ordinary life stresses, displays resilience in the face of extreme life events, works productively and fruitfully, and is able to make a positive contribution to the community**

GOAL: Clear language and common understanding of concepts on Mental Health based on the provisions of the Philippine Mental Health Act

PROMOTION



Self

Biopsychosocial Spiritual Framework



Society

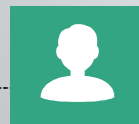
MH is a unique product of social and environmental influences



System

Mental Health is a public good and fundamental Human Right

PROTECTION



Self

Ownership of one's mental health

Stress and Coping are individual responses that constantly interact



Society

Mental Health is everybody's business


Whole of government and whole of society



System

MH investment equates to Sustainable Development

Integration of Mental Health Services in UHC



*The definition of health including mental health now calls attention to **a reorientation, a reframing from a limited focus on the individual alone, i.e., a “clinical illness”** oriented focus to reduce gaps in treatment, to a **wider focus on the majority of the population, the healthy, to promote and sustain their mental health,** and to reduce their risk to ill-health.*



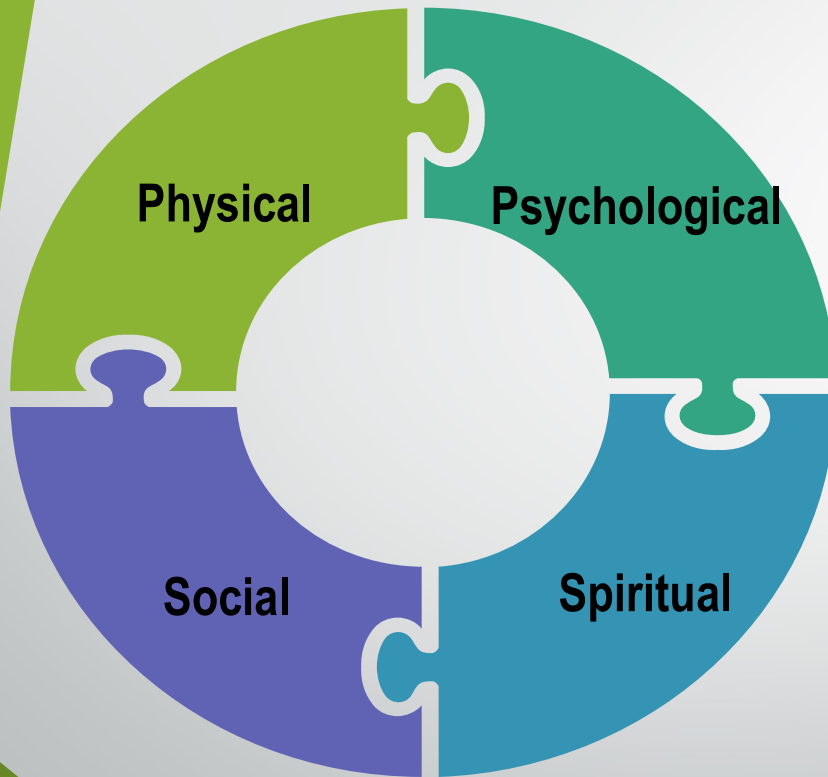
There is no health without mental health

Right away, this brings into focus the experience in everyone of the inherent interconnectedness of the individual and his internal and external environment.

Biopsychosocial Spiritual Framework



- ▷ The prevailing concept of mental health has a strong biomedical orientation of health, despite the definition of health as earlier presented,
- ▷ Physical health has been the main focus, hence the neglect of the mental, social and spiritual component in understanding the needs of the individual and his community.
- ▷ **The inadequacy of the biomedical “more clinical” orientation and the need to adopt a broader concept calls for the adoption of a bio-psychological social spiritual conceptual framework**



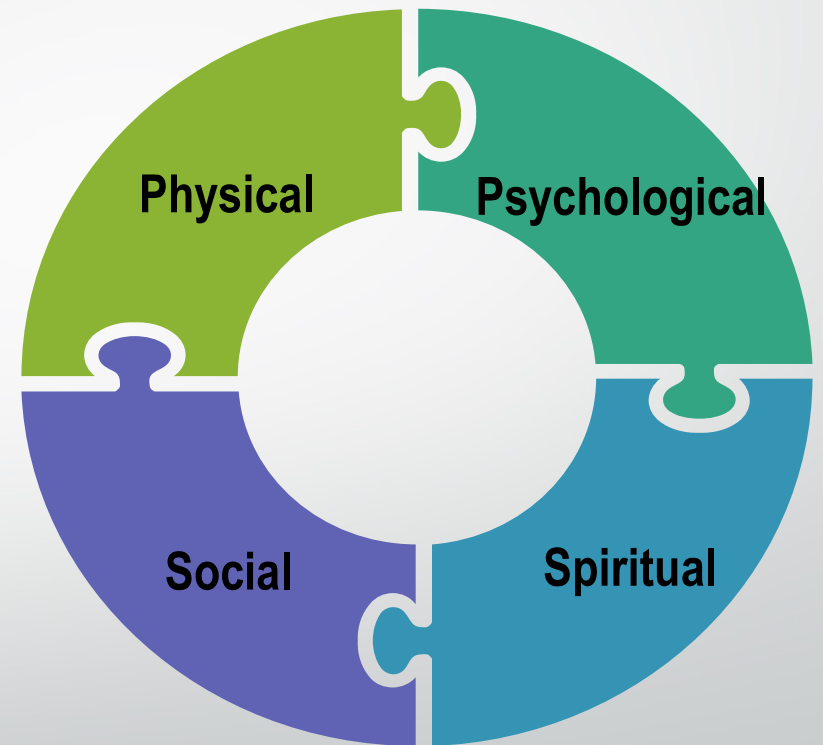
- The present WHO definition of health which includes the 1st three (3) dimensions, was articulated amidst ordinary life conditions
- The recent experiences following worldwide impact of extreme life experiences and NOW, amidst the COVID pandemic, has led to the recognition that in addition to the (3) the spiritual dimension can not be ignored.



There is no health without mental health

*Hence, the inevitable need for
reframing the concept of
understanding the individual's health
including his mental health, with a :
**bio--psychosocial -- spiritual
framework***

- The individual should be regarded as a whole, with his/her life circumstances , the community and the total environment that either promote health, prevent ill-health or manage the latter when it happens.
- Although differentiated in the 4 dimensions earlier stated, programs and interventions necessarily needs to be integrative and wholistic.





Conceptual Framework for
Mental Health in the
Philippines as adopted by
the Philippine Council for
Mental Health through
Resolution NO. 2020-003.



THE CONCEPTUAL FRAMEWORK FOR MENTAL HEALTH

BIOPSYCHOSOCIAL SPIRITUAL FRAMEWORK

“Real medicine (and health care) can only exist when it embraces the human being in body, mind and spirit” - Steiner

Biological



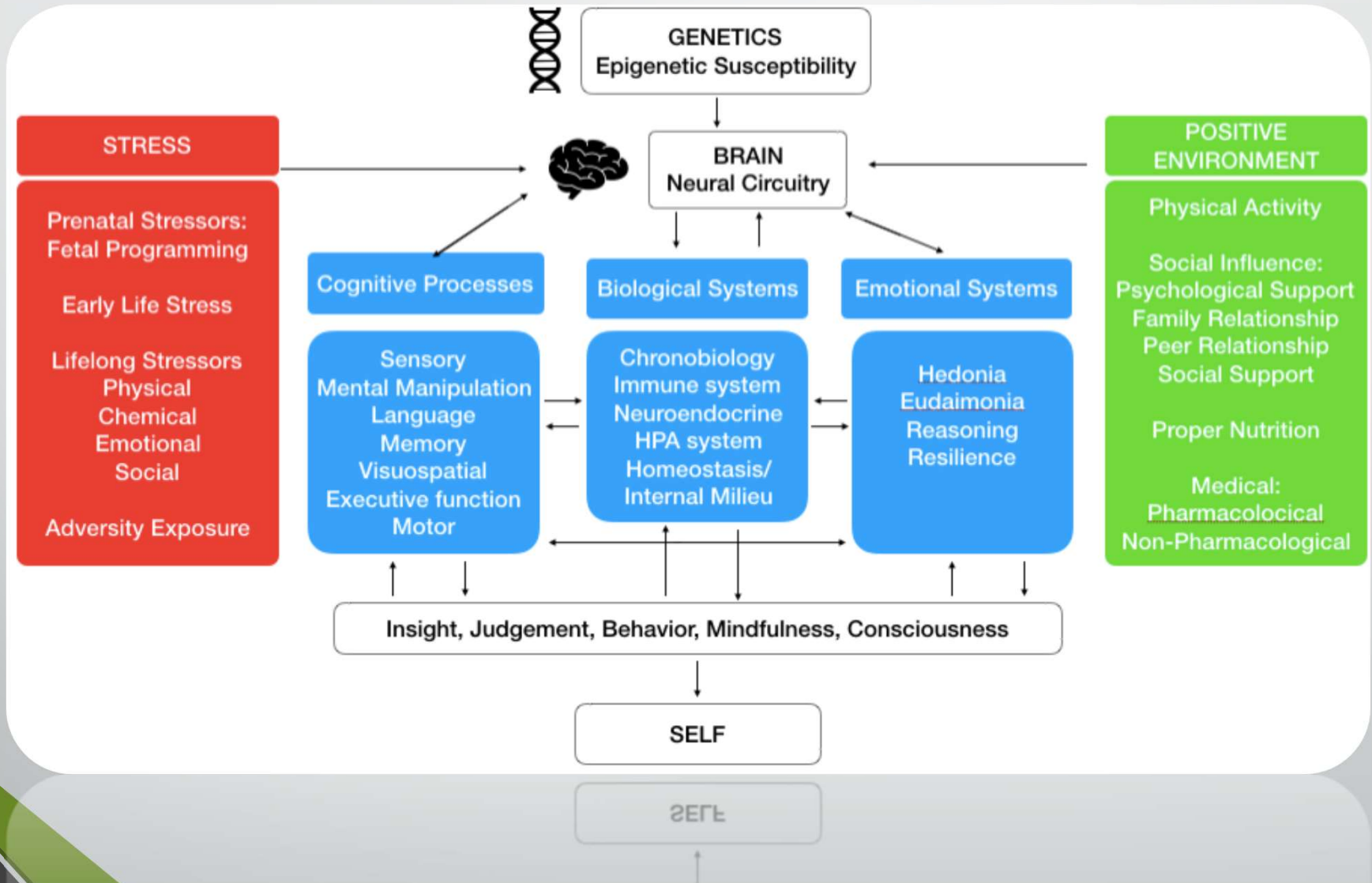
The **biological dimension** focuses on the brain, which serves as the system that integrates the person's bodily functions through which he is directed to interact with the environment to maintain life...i.e., the brain and the self:

Biological

The Brain and The Self



- Genetics: genes and how gene expression is influenced by environment
- Stress (*prenatal and through out the life course ; adversities*)
- Positive Environment (*physical activity, nutrition, range of psychological and social support*)
- Neural Circuitry : biological systems (*inc. immune systems*) cognitive processes and emotional experiences.
- Neuronal plasticity: environmental effects on conditions of cells



Psychological



Addressing the psychological dimension points to the concept of **personality**, from which evolves the concept of self

Throughout history the terms personality and self have been used to describe that which makes us who we are as human beings

Psychological

Personality



- **The unique combination of mental processes that defines an individual's:**
 - Instinctual urges
 - Limits of control , “rightness and wrongness” ,expressed as traits and patterns of behavior
 - Thought processes
 - Emotional expressions
 - Action (behavior)
- **The sum total of the physical, mental, emotional, social, spiritual characteristics of an individual and the ways by he/she presents outwardly.**
- Hence it is personality that allows one to observe, evaluate and assess an individual

Psychological

Self



- **The foundation of all human behaviors**, the SELF is the individual's sense of personal identity, i.e., who he/she is in his/her environment.
- The Self **represents the individual's personality traits and patterns** which he has developed within, throughout the stages of life, (childhood- senesence) and , through which he relates and adapts to the external environment, differentiating him/her from other individuals.
- Three important aspects of the self:
 - Self identity – who he/she is
 - Self esteem---his/her inner valuation of himself/herself
 - Self worth-----his/her regard of other's valuation of him/her

Psychological Approaches /Concepts:



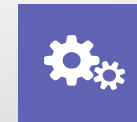
The individual is basically thought of as a **unit –"body and mind"** ; The development of the individual's personality goes hand in hand with his/her normal physical growth and development.



Approaches --trace an individual's **personality development**, its expansion and evolution as it negotiates and adapts to the external environment., **throughout the stages of life.**



"No man is an island" : an individual's inner psychic life evolves to regard the environment around him/her ;



The concept of personality evolves to become the concept of **SELF.: the person and his environment..**

Social

Social Dimension:

The **SELF** represents the individual's personality traits and patterns which he has developed within and through which he relates to the social environment. This differentiates him/her from other individuals.

This interconnectedness of the Individual and his environment must be understood by everyone and to be seen clearly as the SELF.

Important considerations :

- a. Social relationships
- b. Social institutions in the community
- c. Social determinants that influence the mental health of the people.
- d. Societal attitudes towards anything “mental”; stigma, social burden
- e. Social suffering



Social

LI1

- ▶ **SOCIAL SYSTEMS are DISTINCT FROM THE SELF**
- ▶ Phenomena in society although related to the physical and psychological characteristics of individuals, are distinct entities and should be considered on their own.
- ▶ **Society is distinct from individuals within it -they are more than the sum of its individual components,**
- ▶ There evolves a society, where: patterns of behaviors are the products of various reciprocal behaviors of the many individuals within it



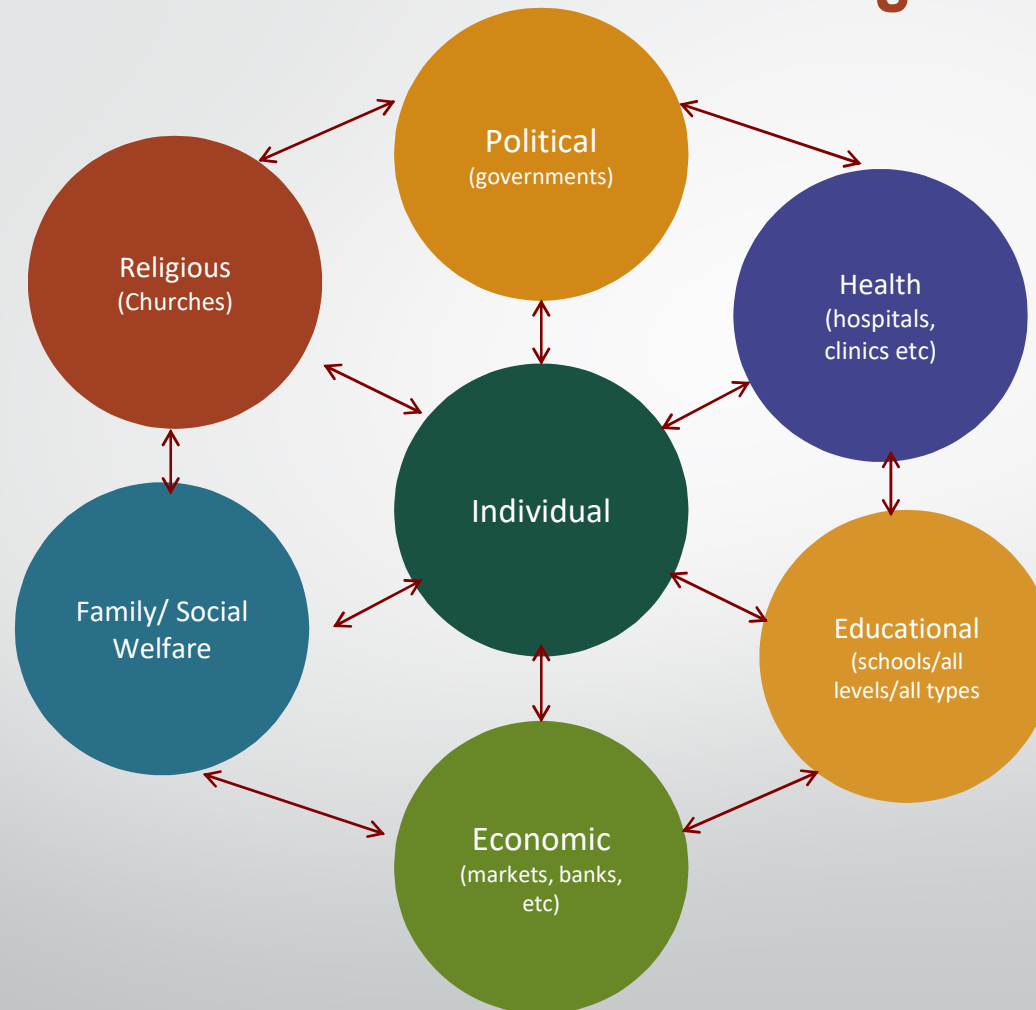
Social

Social Institutions: in a community



- ▷ *These institutions are referred to as **basic components of society** , oftentimes referred to as the functional prerequisites of society and should be **in place , coordinated , and integrated so that people can continue to be physically, mentally socially and spiritually well.***
- ▷ **Provides the structure and the means:**
 - >To fulfill the needs of the individual
 - >To optimize the quality of life in the community
 - >To provide the establishment and development of **the social support system vital to the life of the community and the people within it.**

Mental Health and Social Integration



The Individual and Social Institutions in the Community

Social

Domains of Social Determinants

(Lancet Commission: 2018)

Demographic age, sex, ethnicity

Economic Income inequality, food security, employment, financial strain

Neighborhood built environment-housing and community infrastructure, water, sanitation

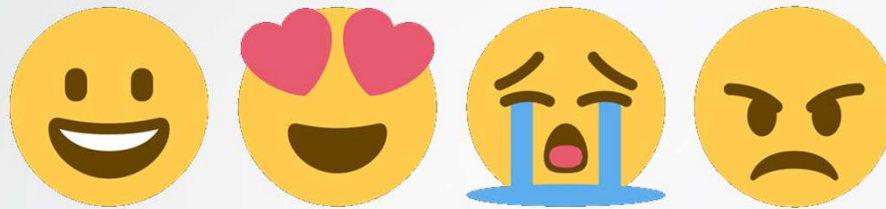
Environmental exposure to violence, natural disasters especially related to climate change, war, migration

Social and cultural social capital, cultural beliefs, social support, education



Social

Societal Attitudes



- ▷ Stigma: negative prejudice , prevailing , dehumanizing,
- ▷ Social burden from mental health conditions
 - Disability
 - Economic disadvantage, inequality
 - Generalized: negative, discriminating
- ▷ **Social Suffering as a Collective Phenomenon**

Spiritual

Spiritual Dimension *(spirituality is distinct from religion)*

- ▷ **Spirituality:** recognition of a feeling, experience, belief of something greater than the Self, something more to being human but to which is experienced a connection which becomes a source of inner strength/guidance and meaning in life. It is a universal human experience.
- ▷ **Victor Frankl**, Austrian psychiatrist: (“Man’s Search for Meaning”) *“There is something that can not be taken away from a man - **his Spirit** which gives him the strength to find MEANING to his daily life and inner freedom to rightfully direct his behavior.*
- ▷ **Jung** : the “*collective unconscious*” in man which he described as *the site of the Spirit Within, a psychological reality of the SELF* which becomes a powerful source of inner guidance.



Spiritual



Spiritual Dimension

- ▷ The transpersonal psychology view--- “ *not only is there consciousness of the interdependence of man/woman and his/her inner and outer world, there can be a altered state of consciousness that gives him/her an experience of Oneness with everyone, from whence spring **compassion***”.
- ▷ *Contributions of Eastern Spirituality and its practices of gaining this Oneness ...meditation; among the Christians, contemplative prayer, mindfulness,....*
- ▷ ***Spirituality is the Filipino’s major coping in daily life especially in crisis and adversities***

Biological Considerations

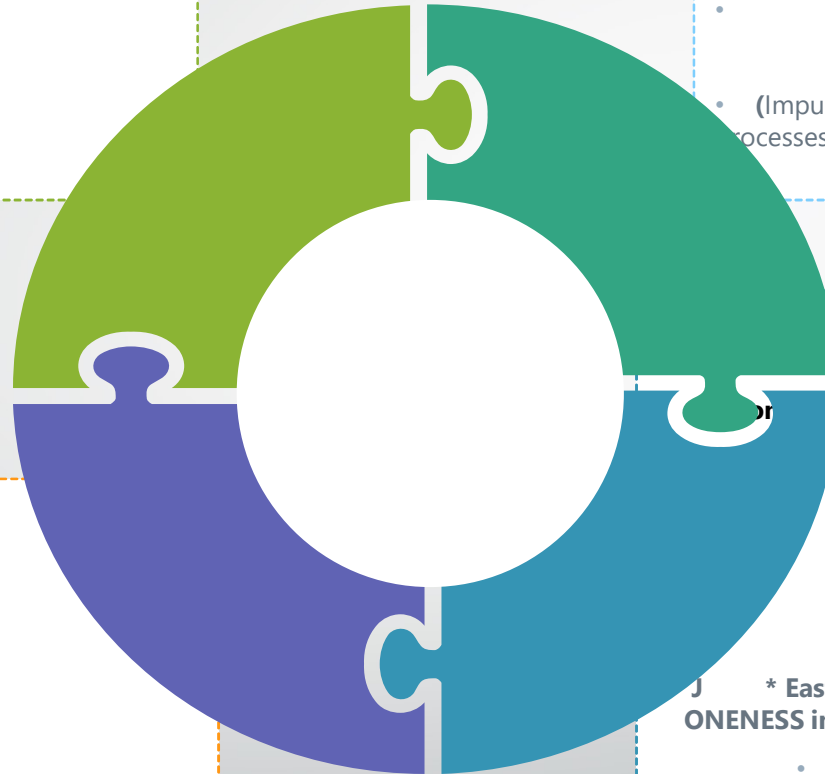
- The Nervous system (the Brain): and the Self
- Genetics
- Neuronal plasticity
- Immune System of the Body

(Consciousness, orientation, memory, intellectual function bodily wholeness)

Psychological Considerations

- *Personality..psychic apparatus, the “mind”
- *Self.....self identity, self esteem, self worth
- resiliency ,coping

• (Impulses/urges Traits/patterns of control, thought, processes, emotions, behavioral actions, over-all function.)



Social Considerations: Society distinct from Individuals:

- Social relationships
- Societal system -Social institutions
- Social determinants to mental health
- Social attributes; social suffering

(Relationships , Interaction- harmony, social support ,

Spiritual Considerations: spirituality as distinct from religion

*Recognition of “Something” greater than the Self : a universal human experience.

*Jung : Collective unconscious; Spirit Within

* Frankl: the Spirit Within : mans’ search for meaning that give Life

* Eastern spirituality : altered states of consciousness ONENESS in everyone found in meditation mindfulness

- *Spirituality as the Filipinos major coping mechanism in life esp. in crisis

The Biopsychosocial Spiritual Framework

This conceptual framework for mental health= a reorientation in mental health:



1. **Reorientation** – a refocus (a reminder) that mental health is an integral component of health in general: ***there is no health without mental health.***
2. **Expansion of understanding the concept of mental health** from the prevailing limited focus on clinically defined mental disorders to a broader multidimensional approach: a biopsychosocial spiritual framework for mental health .

Reorientation: (cont.)

3. This **broadened view on MH** recognizes the convergence and alignment of scientific evidences and actual experiences from diverse fields including biological, (neurosciences), genetics, psychological, behavioral , social sciences, even the contribution of those pursuing the relevance of spirituality in the life of a human being.
4. The adoption of this expanded framework has led to the **participation** of a diverse multi-sectoral group of professionals, to highlight the recognition that the **pursuit of MH is not only one's own responsibility but is everybody's business** .



Reorientation (cont.)

5. The Philippine Mental Health Law has articulated the need for this reorientation and reframing of the concept of mental health.
 - its vision of Mental Health for the Filipino people - a focus on the well-being of the majority of the population
 - The creation of the Philippine Council for Mental Health with members from relevant sectors of government and civil society organizations:
 - to effectively implement this vision through a mission of
 - a) promotion of mental health for the majority of Filipinos
 - b) development of effective, comprehensive integrated programs and services that are redirected from a predominantly isolated institutionally (hospital) based to a strengthened community based, hence ensuring wider accessibility .



Reorientation : (cont.)

6. The Philippine Council for MH:

- Members are from different sectors of government, both health and non-health, and civil society organizations,
- These multisectoral groups represent the social institutions vital to the attainment of well-being and mental health of everyone.
- The broadening in this participation focuses on what is now recognized **as the opportunity to put MH as everybody's business**; and not just the sole responsibility of one sector (health), the specialized group, the psychiatrists.



Reorientation of mental health: goals

Adopt and Disseminate

Adopt and disseminate clear language and common understanding of the **definitions and concepts** on Mental Health based on the provisions of the Philippine Mental Health Act

Reorient

Reframe prevailing mental health concepts and programs in line with the mental health law and the challenges posed by the reframed global and national mental health agenda.

Advocate

Advocate for the implementation of the **Philippine Mental Health Act**

6 Key Actions to Reframe the Mental Health Agenda



Patel et al, The Lancet Commission on global mental health and sustainable development. Published online October 9, 2018.
[http://dx.doi.org/10.1016/S0140-6736\(18\)31612-X](http://dx.doi.org/10.1016/S0140-6736(18)31612-X)



Why Invest in Mental Health?

THE RETURN FOR THE INDIVIDUAL ¹

- Improvement in mental health and wellbeing is a return in itself for the individual that far exceeds any return that we can count in financial terms

THE RETURN FOR THE ECONOMY ¹

- Overall companies on average receive a \$5 return for every \$1 invested in employee mental health and wellbeing. This calls for a Philippines study especially as we address the effects of the pandemic and its twin impact on the country's economy and on the mental health of its people.

THE RETURN FOR SOCIETY ¹

- Societal impact of mental health on four specific areas: *physical health, the stability of family unit, social cohesion and sense of peace*

“Never doubt that a small group of thoughtful, committed, organized citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead

There is need to reorient so that we can effectively continue to advocate and work together for the implementation of the Mental Health Act and achieve mental health for all Filipinos.

In doing so, we need not look for new landscapes but only to have new eyes.

Mental Health is a fundamental human right!!!

