



Mental Health Policy: Injecting Sanity into Global Polity

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Introduction

- Comprehensive health policy of a nation is a living document that describes the citizens' health, welfare and wellness. It defines health in its multifaceted ramifications (including mental health), and describes actions and interventions to take to achieve desired outcomes.
- It lays out the structures, accessibility to services, funding, financing, education and training of the professionals and other ancillary personnel based on levels of care delivery – primary, secondary and tertiary.

Introduction

- Some countries sub-summed mental health policy into the overall health policy. Whereas some other nations have teased out and made mental health a stand alone policy therefore according it a deserved prominence of place in health care.

Health Policy in Nigeria

th policy.pdf



laifa/Documents/health%20policy.pdf

National

Health Policy 2016

*Promoting the Health of Nigerians to Accelerate
Socio-economic Development*



Federal Ministry of Health,

September 2016

4.1.5. Other Health Problems

4.1.5.1. *Mental Health*

Goal

To promote the mental health and wellbeing of all Nigerians

Objectives

- To reduce the burden of mental illnesses and promote the maintenance of sound mental health of Nigerians in general

Policy Orientation / Initiatives

- Develop and promote measures that will prevent mental illness and maintain sound mental health of Nigerians in general
- Develop and ensure the provision of standard comprehensive care for sufferers of mental illness and disorders
- Ensure the implementation of the national mental health policy in general
- Improve public health education and awareness of mental health, mental illness and mental disorders
- Develop and implement strategies to reduce stigma and eliminate discrimination against persons with mental illnesses and disorders
- Strengthen participation in and implementation of signed regional and international conventions that relate to mental health
- Strengthen multi-sectoral collaboration for the promotion of sound mental health in Nigeria
- Strengthen the evidence base for mental health in Nigeria

4.1.5.2. *Oral Health*

Goal

To achieve optimum oral health for all Nigerians

Objectives

- To ensure effective integration of oral health into existing national health programmes
- To reduce the burden of oral health problem and its associated complications among the population

Policy Orientations/ Initiatives

- Promote effective integration of oral health services into primary health care
- Promote awareness of the importance of oral health among Nigerians

Intro

- While it is desirable of nations to develop a mental health policy, its relevance to mental health needs and its implementation are the most important. It must germane/relevant to the psychological, social and economic welfare of the citizens.

African Countries having Mental Health Policy

- Ghana (1996)
- South Africa (1997/2013 MHPF)
- Uganda (2000)
- Zambia (2004)
- Kenya (2015)
- Nigeria ??

continues

- Relying on health and socio-economic indices as outcome measures of mental health services, it is concluded that mental health policy is warranted (where it currently doesn't exist), and where it currently exists, it must envisage, predict and address the psychological needs of the populace.

Objectives

- To provide rationale for national mental health policy where none exists
- To identify the impediments to robust and comprehensive implementation of mental health policy and mental health services
- To discuss framework for operationalizing mental health policy globally

Definitions of key terms

- Polity – organized society, political/government entity, business entity, ecclesiastical entity, constitution
- Policy – a set of ideas, principles and plans which guides the action of individuals, business or government. In the context of health, policy development includes the advancement and implementation of health law, regulations and practices that influence systems development, capacity and infrastructural building, organizational changes, and individual behavior to promote improvements in health. Policy decisions are frequently reflected in resource allocations (CDC, 2019)

Definition continues

- Mental Health Policy - refers to decisions and actions that are undertaken to achieve mental health care goals within a society. It defines vision for the future, outlines priorities and expected roles of different groups, builds consensus and informs people (WHO 2019).
- Sanity – rationality, lucidity, sensibleness, common sense
- Mental Health – a state of well being in which every individual realizes own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community (WHO, 2014)

Significance of Mental Health

- The important dimension of mental health is stressed in the WHO definition of health – as a state of complete physical, mental and social well being.....
- WHO (March, 2018) – ‘Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life’ The document concludes ‘on this basis, the promotion, the protection and the restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world’

Determinants of Mental Health

- Persistent socio-economic pressures
- Violence and wars
- Rapid social change
- Social and political exclusion
- Gender discrimination
- Human rights violations
- Stressful work conditions
- Unhealthy lifestyle
- Physical ill health

Prevalence:

WHO World Mental Health Surveys (2006-2009)

- Lifetime prevalence estimates 18.1 – 36.1% (AMI)
- 1 in 3 adults (33.3%) in Columbia, France, New Zealand, Ukraine and USA
- 1 in 4 (25%) in Belgium, Germany, Lebanon, Mexico, Netherlands and South Africa
- 1 in 6 (17%) in Italy, Israel, Japan and Spain
- 1 in 7.5 (13.2%) in China
- 1 in 8 (12%) in Nigeria**

Prevalence

** Gureje et al (2006) referred to Nigeria estimates as underestimated and downwardly biased

** Makanjuola, J. and Olaifa, E. (1987)

20% (1 in 5) – Mental Health Situation Analysis in Nigeria – a 2012 report by UI Dept of Psych's Mental Health Leadership and Advocacy Programme

Steel, et al (2014) global prevalence estimates 1 in 5 or 20% (meta-analysis 1980-2013)

1 in 6 adults (18.3% or 44.7mil) in US in 2016 lives with a mental illness (AMI any mental illness). Yet only 43% sought treatment in past year.

Serious Mental Illness (SMI) – 4.2% or 10.4mil; 64.8% or 6.7mil received treatment in the past year.

Adolescents – AMI 49.5%, 22.2% SMI (NIMH, 2017)

1.54b worldwide (20% of 7.7b - World Bank), HIV/AIDS – 37mil - UNAIDS

Forbes.com

14,173 views | Jan 24, 2019, 12:16pm

Mental Illness Is The Most Neglected Health Problem In The Developing World



Davide Banis Contributor ⓘ

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Reality

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Nigerians are most depressed in Africa, says WHO



Global and Local Influences on Policy Development

- 1st Nigeria National Health Policy 1988 – influenced by the global drive towards Primary Health Care
- 2nd National Health Policy 2004 – influenced by the UN MDG
- 3rd National Health Policy 2016 – influenced by the UN SDG focusing on universal health coverage and financial risk protection

Influences - continues

- UK Mental Health Act/Pathways (1983/1995/2007/2017)– was greatly influenced by the National Collaborating Centre for Mental Health, and the Royal College of Psychiatrists.
- Mental Health Legislation in USA is a multi agencies collaborative effort through HHS agencies and institutes – National Institute of Mental Health (NIMH 1949), National Institute on Alcohol Abuse and Alcoholism (NIAAA 1970), National Institute on Drug Abuse (NIDA 1974), Substance Abuse and Mental Health Services Administration (SAMHSA 1992)

Federal Ministry of Health

- **Parastatals**

- Institute of Public Analysts of Nigeria (IPAN)

[National Agency for Food, Drug Administration and Control \(NAFDAC\)](#)

[National Health Insurance Scheme \(NHIS\)](#)

[National Primary Health Care Development Agency \(NPHCDA\)](#)

[National Institute for Pharmaceutical Research and Development \(NIPRD\)](#)

National Programme on Immunization (NPI)

[National Institute for Medical Research \(NIMR\)](#)

Population Activities Fund Agency (PAFA)

Influences - continues

- NIPSS Kuru – SEC 38 (2016) Theme – Strengthening institutional mechanisms for poverty reduction in Nigeria (refers to Goal 1 MDG and SDG)

Recommendations – Goal 7 SDG – Affordable and clean energy

Poverty level in 2015 – 62.6% (UNDP)

Poverty level in 2016/2018 – 46.4% (NBS)

In USA 2017 - 12.3% (US Census Bureau)

Iceland/Sweden/Norway/Denmark/Finland – consistently 5-9% (OECD)

**health and happiness*

2018 Happiest Nations

- Finland
- Norway
- Denmark
- Iceland
- Switzerland
- Netherlands
- Canada
- New Zealand
- Sweden
- Australia

Parameters

The 6+ variables are:

- Economy (GDP per capital)
- Social support
- Healthy life expectancy
- Freedom to make life choices
- Generosity
- Perception of corruption (Trust)
- + *Emotional measures of well-being*

The last 10 – least happy

- Malawi
- Haiti
- Liberia
- Syria
- Rwanda
- Yemen
- Tanzania
- South Sudan
- CAR
- Burundi (#156)

** World Happiness Report by UN's Sustainable Development Solutions Network, March 2019

Influences - continues

- NIPSS Kuru – SEC 41 (2019) Theme – Funding universal health care delivery in Nigeria

**Hopefully the proposed National Council for Mental Health and Substance Abuse Services will provide the policy influences

- Government Priorities

Buhari's next level – Security and Safety, Economic Prosperity, and Fight against Corruption. Boko Haram/IDP – 2mil

Theresa May – Brexit (anxiety/depression)

Trump – Repeal and Replace Obamacare (parity/pre-existing conditions)



He ferries his glamorous blonde girlfriends around Paris in his fleet of Rolls Royce, Ferrari, Bentley and Porsches. And did I mention he bought the original gloves Michael Jackson used to wear?

Teodoro Nguema Obiang Mangue popularly known as Teo Nguema is the most extravagant Vice President in Africa.

Effects of Leadership/Government Action/Inaction/Decisions on Mental Health

- Understanding Mental Health

Canadian/Nordic block example of integration of Refugees – physically and emotionally

US vs New Zealand sensible gun law

Mental health parity and insurance coverage - *Obamacare*

Elian Gonzalez's case study – Clinton/Janet Reno vs Castro/father (1999/2000)

Family separation at the southern US borders

Border separation



Border separation



Adverse Childhood Experiences (ACE) Study



ACE Study

- The ACE Pyramid represents the conceptual framework for the ACE Study, which has uncovered how adverse childhood experiences are strongly related to various risk factors for disease throughout the lifespan (CDC 2014)
- About two-thirds of individuals reported at least one adverse childhood experience; 87% of individuals who reported one ACE reported at least one additional ACE. The number of ACEs was strongly associated with adulthood high-risk health behaviors such as smoking, alcohol and drug abuse, promiscuity, and severe obesity, and correlated with ill-health including depression, alcoholism, heart disease, cancer, chronic lung diseases and shortened lifespan (SAMHSA 2016).

Chibok girls in captivity



Refugee Camp - Syria



Refugee Camp - Somalia



Refugee Camp - Borno



Drug Scourge

Boko Haram survivors in IDP camp: We are hooked on Tramadol

ON APRIL 20, 2019 7:21 PM / IN [NEWS](#) / [3 COMMENTS](#)



By Philip Obaji Jr.

Aliyu Yusuf hadn't heard of Tramadol until he arrived at an IDP (internally displaced persons) camp in 2016, having escaped an attack

Drug Scourge

NAFDAC raises alarm over prevalence of drug addicts

ON APRIL 20, 2019 4:33 PM / IN [HEALTH, NEWS](#) / [0 COMMENTS](#)



The National Agency for Food and Drug Administration and Control (NAFDAC) says Nigeria is sitting on a keg of gun powder due to what it described as the high rate and prevalence of drug addicts across the country.

Effects cont'd

Brexit had Brits turning to antidepressants (HealthDay News, Dec 3, 2018) referring to study published online in *Journal of Epidemiology and Community Health* by Sotiris Vondoros, et al, 2018. The study found that since June 2016 vote, the volume of antidepressants prescribed increased 13.4% compared to the other classes of drugs.

- Mental status of leaders

Nigeria's June 12 annulment / Chibok girls / IDP's mental health and emotional needs ('mental scars' WHO 2018) / Bridge/Road to nowhere in Alaska / Trump's Executive Order 13769 – Jan 27, 2017

Effects cont'd

- Actionable Policy Plan – South Africa example – *‘despite the high level of consultation with stakeholders, was never really implemented at nationwide level.....there was absence of strategic mental health plan to translate policy directions at national level into achievable actions on the ground at all provisional district levels’* (WHO, 2007; Omar, 2010). That was the identified limitation related to 1997 policy document. This shortcoming was addressed in 2013 version (Stein, 2014).
- Lagos to learn from this.

Yaba Report

Drug Abuse: Yaba Psychiatric Hospital records 50% increase in patients

ON DECEMBER 20, 2018 2:25 AM / IN [NEWS](#) / [0 COMMENTS](#)



By Chioma Obinna

LAGOS—THE Federal Neuro-Psychiatric Hospital Yaba, yesterday, disclosed that it recorded 50 percent increase in the number of patients treated for drug and substance abuse this year.

Yaba Report

Ogun said: “The policy direction of the present administration in mental health and its current fight against the scourge of drug addiction is quite outstanding and commendable.

“The fight against drug addiction is one we all must join hands with the government to win.

“The problems are not that of drugs alone. We need to go into their families to see the parents of these children. A lot of things need to be done concerning drug abuse; the menace is quite high.”

Social-economic factor

- Socio-economic consideration – poverty, social/political instability, ethnic cleansing/genocide, intractable wars, racial tension, rap culture influence, migration, modern slavery, budgetary allocation

GDP 2017

| World | Europe | America | Asia | Africa | Australia | G20 |
|---------------------|--------|----------|-------|--------------|-------------|-----|
| Country | Last | Previous | Range | | | |
| Nigeria | 375.77 | Dec/17 | 405 | 568 : 4.2 | USD Billion | |
| South Africa | 349.42 | Dec/17 | 296 | 417 : 7.58 | USD Billion | |
| Egypt | 235.37 | Dec/17 | 333 | 333 : 4 | USD Billion | |
| Algeria | 170.37 | Dec/17 | 159 | 214 : 2 | USD Billion | |
| Angola | 124.21 | Dec/17 | 95.34 | 127 : 3.39 | USD Billion | |
| Sudan | 117.49 | Dec/17 | 95.58 | 117 : 1.13 | USD Billion | |
| Morocco | 109.14 | Dec/17 | 104 | 110 : 2.03 | USD Billion | |
| Ethiopia | 80.56 | Dec/17 | 73 | 80.56 : 6.93 | USD Billion | |
| Kenya | 74.94 | Dec/17 | 70.88 | 74.94 : 0.79 | USD Billion | |
| Tanzania | 52.09 | Dec/17 | 47.39 | 52.09 : 4.26 | USD Billion | |

Budgetary Allocations

- 5% of \$375.77b = \$18.8b (N5.75t).
- Actual 2017 budget allocation – N55.61b (1% of GDP; 4% of Federal budget); Lesotho – 6.2% of GDP; 6-12% in the developed west.
- 2018 – N71.1b (still 4%)
- Abuja Declaration 2001 – African leaders agreed to raise budgetary allocation for health to 15%. Ten years later only Tanzania met the target; 3 countries (Eritrea, Seychelles and Mauritius) were on track i.e significant progress, 16 making progress, 26 insufficient progress (WHO, 2011).
- 2018 - Kenya – 4%, Nigeria – 4%, *Saudi Arabia – 11%, Lesotho – 11%, South Africa – 13.5%, Rwanda – 9.2%, Botswana – 11.2%

Worsening Situation

BREAKING NEWS

PALTRY ALLOCATION TO HEALTH! FG spends N61.481 trillion in 10 years, allocates N2.775 trillion to sector

ON JANUARY 20, 2019 4:35 AM / IN **NEWS** / **0 COMMENTS**



..2019 records worst vote in 9 years with 3.57%

State Allocations

| States | Health Budget 2018 (in N'bn) | Total Budget 2018 (in N'bn) | Percentage of total budget | 15% of the Budget (N'bn) | Funding Gap (in N'bn) |
|-------------|------------------------------|-----------------------------|----------------------------|--------------------------|-----------------------|
| Abia | 5.62 | 141 | 3.99% | 21.15 | 15.53 |
| Adamawa | N/A | 177.9 | N/A | 26.685 | N/A |
| Anambra | 7.8 | 646.65 | 1.21% | 96.9975 | 89.1975 |
| Akwa Ibom | 8.2 | 166.9 | 4.91% | 25.035 | 16.835 |
| Bauchi | 25.57 | 167.9 | 15.23% | 25.185 | Achieved |
| Bayelsa | 8.5 | 295 | 2.88% | 44.25 | 35.75 |
| Benue | N/A | 178.4 | N/A | 26.76 | N/A |
| Borno | 17.7 | 181.2 | 9.77% | 27.18 | 9.48 |
| Cross River | N/A | 1300 | N/A | 195 | N/A |
| Delta | N/A | 308.8 | N/A | 46.32 | N/A |
| Ebonyi | 8.5 | 208.33 | 4.08% | 31.2495 | 22.7495 |
| Enugu | 3.7 | 150.09 | 2.47% | 22.5135 | 18.8135 |
| Edo | N/A | 98.6 | N/A | 14.79 | N/A |
| Ekiti | N/A | 103.5 | N/A | 15.525 | N/A |
| Gombe | 9.7 | 114 | 8.51% | 17.1 | 7.4 |
| Imo | N/A | 190.9 | N/A | 28.635 | N/A |
| Jigawa | 6.7 | 138.6 | 4.83% | 20.79 | 14.09 |
| Kaduna | 17.58 | 216.5 | 8.12% | 32.475 | 14.895 |

State Allocations

| States | Health Budget 2018 (in N'bn) | Total Budget 2018 (in N'bn) | Percentage of total budget | 15% of the Budget (N'bn) | Funding Gap (in N'bn) |
|----------|------------------------------|-----------------------------|----------------------------|--------------------------|-----------------------|
| Katsina | 23 | 213 | 10.80% | 31.95 | 8.95 |
| Kebbi | N/A | 151.2 | N/A | 22.68 | N/A |
| Kebbi | N/A | 151.2 | N/A | 22.68 | N/A |
| Kogi | 13.31 | 151 | 8.81% | 22.65 | 9.34 |
| Kwara | 23.92 | 190.9 | 12.53% | 28.635 | 4.715 |
| Lagos | 92.67 | 1046 | 8.86% | 156.9 | 64.23 |
| Nasarawa | N/A | 125.4 | N/A | 18.81 | N/A |
| Niger | N/A | 128 | N/A | 19.2 | N/A |
| Ogun | 21.19 | 343.9 | 6.16% | 51.585 | 30.395 |
| Ondo | N/A | 181.42 | N/A | 27.213 | N/A |
| Osun | N/A | 173.9 | N/A | 26.085 | N/A |
| Oyo | 3.25 | 267 | 1.22% | 40.05 | 36.8 |
| Plateau | 4.35 | 146.4 | 2.97% | 21.96 | 17.61 |
| Rivers | N/A | 510 | N/A | 76.5 | N/A |
| Sokoto | 20.93 | 220.5 | 9.49% | 33.075 | 12.145 |
| Taraba | N/A | 104.3 | N/A | 15.645 | N/A |
| Yobe | 6.29 | 92.18 | 6.82% | 13.827 | 7.537 |
| Zamfara | 5.1 | 133 | 3.83% | 19.95 | 14.85 |

Policy Development and Evaluation Process (source - CDC)



Summary

- Significance of Mental Health
- Prevalence of Mental Illness
- Government Priorities
- Resource Allocation
- Global and Local Influences
- Action/Inaction and Behavior of Leadership
- Mental Capacity of Leadership

Conclusion & Recommendations

- Barriers to mental health policy and implementation include low priority, lack of political commitment to mental health, limited human and financial resources, lack of intersectoral collaboration and consultation (Awenva, 2010), insufficient utilization of available research findings for decision making and resource allocation, understanding of seriousness of mental illness as related to overall wellness and economy of the nations by policy makers and political leaders, and the mental capacity of leaders

Conclusion & Recommendations

- Mental health policies should be concerned both with mental disorders and with broader issues that promote mental health. Mental health promotion should be mainstreamed into government policies and programs
- We need bold political commitments (from the corridors of power, from mental health professionals), urgent policy responses and immediate remedial action
- There should exist in the Ministry of Health a Coordinator for Mental Health emergencies
- The leaders should undergo mental health evaluation before assuming office, and annually

Conclusion & Recommendations

- There must be new ways of thinking which must permeate the public sector, and mental health must be integrated into the whole of public policy. According to Dainius Puras (2017), we need little shot of a revolution in mental health care to end decades of neglect, abuse and violence
- More is required to be done in developing and harnessing resources (professional and materials) in the implementation of mental health services sensitive to the needs of citizens and the residents alike. For the psychological welfare and wellness of all contribute to the stability and the wealth of the nation.

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Joy of freedom



